Velma Holmes
Feb. 10
Brockville, ON

$15 MILLION WINNER

MIRACLE IN MYANMAR

MASS ELATION AS DEMOCRACY ACTIVIST AUNG SAN SUU KYI WINS SEAT IN HISTORIC VOTE PAGE 8

TORONTO metro®

Monday, April 2, 2012

News worth sharing.

metronews.ca | twitter.com/metrotoronto | facebook.com/metrotoronto

OxyContin clinics stretched to the limit: Officials

Withdrawal woes.
Doctors warn of deaths and call on province to find alternatives

One month after OxyContin was replaced with a harder-to-abuse pill, Toronto Public Health is warning that treatment and detoxification programs are already stretched beyond capacity.

Officials are concerned that clinics won't be able to cope with people seeking treatment. They also say the switch in drugs, coupled with the province's delisting of both forms of the narcotic from the Ontario drug-benefit program, could cause an increase in overdose deaths if addicts turn to more harmful drugs such as heroin.

And they worry people are getting hurt as they experiment with how to abuse the replacement drug, OxyNeo.

A report to be tabled Monday at a Toronto Board of Health meeting will urge Health Minister Deb Matthews to make the drug Suboxone — a drug similar to methadone that is used to treat opioid addiction — more easily available to patients who need it.

"We certainly anticipate there will be more people seeking treatment from opiate withdrawal of OxyContin," said Dr. David McKeown, Toronto's chief medical officer of health. "For some clients, Suboxone is more appropriate.... It would be helpful if the provincial government would streamline access."

TORSTAR NEWS SERVICE

Red tape

- Suboxone is available only through the province's Exceptional Access Program, the mechanism that allows doctors, on behalf of their patients, to request drugs not listed on the provincial formulary.
- Doctors must go through a lengthy process to request the drug, which can take up to three months.

Juno haul FOR FEIST

PAGE 15

Feist accepts the Juno Award for artist of the year at the gala in Ottawa Sunday night. The Toronto-based singer-songwriter also won awards for adult alternative album of the year for her fourth disc, Metals, and music DVD of the year for her documentary Look at What the Light Did Now. FRED CHARTRAND/THE CANADIAN PRESS

Canuck housewives

They look pampered and glamorous, but deep down, they swear they're just like you. Meet the Real Housewives of Vancouver PAGE 18

What's in a baby name?

Quite a lot, especially if you're regretting that spell-check-challenging moniker you thought was so cute. But there is hope PAGE 20

Close shave

The Toronto Raptors fend off the Washington Wizards for a 99-92 win, but it was another "below-average defensive game" for the team, coach Dwane Casey admits PAGE 31

1 NEWS

On the web

Check out our new website

Metro's thrilled to launch our new website with a reimagined, cleaner design and more content, including more special features, from our team of staff across the country. In addition to the many changes at metronews.ca, we've launched sleek new native apps for iPhone, iPad and Android. Be sure to download them and then head to metronews.ca.

Mobile news

Provocative new research might help explain why black women are more likely than white women to develop and die from cervical cancer. Scan the code for the story.

Several people killed in deadly day on the roads

An accident at the corner of Steeles Avenue West and Highway 10 in Brampton involved five vehicles including an OPP cruiser. It was a deadly day on the roads Sunday as provincial and regional police forces responded to four multi-vehicle crashes in which several people were killed. Peel police attended two impaired driving incidents in Brampton — one in which a 20-year-old man was killed, and the other involving an OPP cruiser that saw four children and three adults escape with minor injuries. CARLOS OSORIO/TORSTAR NEWS SERVICE

Jury faces tough choice in schoolgirl murder trial

Verdict. Court heard that Firgan-Hewie suffered 37 knife wounds and 23 blunt force trauma wounds

It's all or nothing for accused schoolgirl killer Michelle Liard.

A Brampton jury entered its third day of deliberations on Sunday, deciding whether she goes to prison for the next 25 years or walks free.

Liard, 22, and her former fiancé Rafal LaSota, 28, are each charged with first-degree murder in the death of Aleksandra Firgan-Hewie, 13, whose slashed and stabbed body was found in a garbage bag behind LaSota's Mississauga home on Dec. 11, 2008.

"Either she was a party to the planned and deliberate murder of Ms. Firgan-Hewie or she is not guilty," Mr. Justice David Corbett instructed the jury on Friday.

The judge cautioned the jury that it's not their job to consider what punishment is appropriate for a crime.

There's a mandatory 25-year term for first-degree murder.

The judge instructed the jury that they have three options for deciding the fate of LaSota.

He's guilty of first degree murder if they conclude he planned to kill Firgan-Hewie or took her life while confining her.

Aleksandra Firgan-Hewie
CONTRIBUTED

Michelle Liard

Rafal LaSota

He's guilty of second-degree murder if they conclude he intended to kill her but didn't have a specific plan to kill her or that he didn't kill her during confinement.

The third option for LaSota is that he walks free.

TORSTAR NEWS SERVICE

Richmond and York

Woman allegedly sexually assaulted downtown

Toronto police are seeking a suspect in an alleged sexual assault. Police say an 18-year-old woman was sexually assaulted overnight near Richmond and York streets.

The suspect is described as white, about 25 years old, 6-1, with blue eyes, dark brown hair and a muscular build. Police say he was last seen wearing a blue hoodie and black jeans.

THE CANADIAN PRESS

In court

Man convicted in retaliation murder

A jury convicted a 21-year-old Toronto man of first-degree murder Friday night, finding Lamar Skeete killed Kenneth Mark to exact revenge for testifying against him.

"We are happy. Ken can rest in peace," his relieved mother Maureen Mark said outside the downtown courthouse.

TORSTAR NEWS SERVICE

Crackdown

G20 protester just a mischief-maker, lawyer says

If Byron Sonne, arrested just before the G20 Summit crackdown, had really wanted to build a bomb, he wouldn't have used his own credit card and personal information to buy the chemicals police found in his basement, his lawyer argued Friday. In closing remarks to Justice Nancy Spies, Sonne's lawyer, Joseph Di Luca, painted Sonne as nothing more than a gadfly and mischief-maker who only wanted to goad government. Di Luca's closing argument continues Monday. TORSTAR NEWS SERVICE

OVERWHELMED BY DEBT?
Get Instant Relief with the Licensed Debt Professionals™
FREE CONSULTATION 310-9200
(NO AREA CODE NEEDED)
DAVID SKLAR & ASSOCIATES INC.
Licensed Credit Counsellors · Licensed Proposal Administrators · Trustee in Bankruptcy
www.DavidSklar.com
David Sklar, C.A., CIRP, Trustee

fido

$50 FidoTRADE™ cashback*

for any used phone

Bring in your used phone from any service provider and we'll add $50 to its trade-in value when you activate a new phone[1].

OR GET A

$75

cashback* on a selection of phones[2]

- BlackBerry® Curve™ 8530
- LG Keybo VX9100
- LG Keybo2 VX9200
- Motorola Rival A455
- Samsung Link™ SCH-R351
- Samsung Vice™ SCH-R561

and many more to discover in store

Get the Fido ADVANTAGE™
FidoDOLLARS | FidoANSWERS

TAB CONTRACT **Discover** the tab-free way

*Credit applied in-store against purchase price of phone and accessories (if applicable), no cash credit.

It's time to switch. Find a store or learn more at **fido.ca**

FIDO STORES

BARRIE
Cedar Pointe
Georgian Mall

BRAMPTON
Bramalea City Centre
Georgetown Market Place
Shoppers World

BRANTFORD
Lynden Park Mall

BURLINGTON
777 Guelph Line
Burlington Mall
Mapleview Shopping Centre

CAMBRIDGE
Cambridge Centre

CONCORD
Vaughan Mills

GUELPH
Stone Road Mall

HAMILTON
77 James Street North
Jackson Square Mall
Lime Ridge Mall

KITCHENER
Fairview Park Mall

LONDON
Masonville Place
Westmount Mall
White Oaks Mall

MARKHAM
9-570 Alden Road
3255 Highway 7 East, Unit 126
Albion Mall
Denison Centre
Markville Shopping Centre
Pacific Mall, Unit E28, C3

MILTON
Milton Mall

MISSISSAUGA
Dixie Outlet Mall
Erin Mills Town Centre
Sheridan Centre
Square One Shopping Centre
Westwood Mall

NEWMARKET
Upper Canada Mall

NORTH YORK
Centerpoint Mall
Fairview Mall
Yorkdale Shopping Centre

OAKVILLE
Oakville Place

OSHAWA
Oshawa Centre

PICKERING
Pickering Town Centre

RICHMOND HILL
Hillcrest Mall

SCARBOROUGH
4438 Sheppard Avenue East, Unit 127
4675 Steeles Avenue East, Unit 1D18
Bridlewood Mall
Scarborough Town Centre
Woodside Square

ST. CATHARINES
Pen Centre Mall

THORNHILL
The Promenade Shopping Centre

TORONTO
607 Bloor Street West
1911 Finch Avenue West, Unit K11
1712A Queen Street East
290 Queen Street West
1448 Queen Street West
222 Spadina Avenue, Unit 3A
363 Yonge Street
2300 Yonge Street, Unit S22, concourse level
2674 Yonge Street
5150 Yonge Street, Unit G3
6064 Yonge Street
Agincourt Mall
Cedarbrae Mall
College Park
Dufferin Mall
East York Town Centre
Eglinton Square Shopping Centre
First Canadian Place
Gerrard Square
Lawrence Square
Oriental Centre Mall
Parkway Mall
Richmond Adelaide Centre
Sherway Gardens
Toronto Eaton Centre
Westwood Mall
Woodbine Centre
Yorkgate Mall

WATERLOO
Conestoga Mall

WINDSOR
Devonshire Mall
Tecumseh Mall

Offers subject to change without notice, not available at all locations. A one-time $35 Activation Fee applies; receive a credit for the entire amount of the $35 Activation Fee on your invoice with new activation on a 2- or 3-year Fido Agreement. Device savings recovery fees and/or service deactivation fee apply according to the terms of your agreement. **1.** Value of trade-in device, if any, determined using a third-party tool provided by Flipswap, Inc.; trade-in value is final and non-negotiable. Offer available to new Fido customers with purchase and activation of a Fido phone on a monthly plan. Credit will be applied in-store to the value of the new device purchased. If new phone price is lesser than credit amount, remaining credit must be used on concurrent purchase of accessories or credit will be lost. If you return your new device, your original device will not be returned to you and you will lose the value of the credit. Subject to the FidoTRADE Terms & Conditions, **fido.ca/fidotrade**. **2.** $75 bonus available only on models shown; see participating stores for complete list. © 2012

Study. Warning sounded on 'hidden homelessness' among immigrants

A new study on immigrant housing warns that thousands of newcomers are living in so-called "hidden homelessness" — in shared, overcrowded housing — an issue that has grown more acute, especially in Toronto, where affordable rental units are in short supply.

The national study by Metropolis, an international network of researchers in immigration policy, found most newcomers reported spending more than 50 per cent of their income on housing, with 15 per cent spending 75 per cent or more of their income on housing.

"Financial difficulties force many newcomers to share accommodations that are often poor quality, overcrowded and unsafe," says the report, based on national housing data and surveys of 600 migrants in Toronto, Montreal and Vancouver.

In Toronto, for example, where the average wage is $69,000, most newcomers surveyed had incomes under $20,000.

"New rooming houses are being created in the suburbs, in locations without rooming-house regulations. Often illegal, suburban rooming houses can offer deplorable housing," the report continues.

TORSTAR NEWS SERVICE

Social housing

- Toronto is home to the largest stock of social housing in Canada, with 127,545 units of rent-geared-to-income housing in which residents pay no more than 30 per cent of total income before taxes on housing.
- However, almost 90,000 households are on the waiting list, which translates into wait times of four to 21 years.

Labour. Janitors allege they were fired over union

Nine janitors were fired from a downtown Toronto office building after a change in management — and they believe it's because they wanted to keep their union.

Amphora Maintenance Services fired the workers after it took over cleaning services from Hallmark Housekeeping at 8 and 10 King St. E., according to a union complaint filed with the Ontario Labour Relations Board.

The workers and their union are holding a rally in protest outside the buildings Monday at noon.

A company can legally fire previous contractors' employees, but the union alleges that Amphora only did so because the employees were reorganizing, SEIU Local 2 representative Diego Mendez said.

Amphora did not respond to interview requests over the weekend. The labour board has yet to judge the complaint.

TORSTAR NEWS SERVICE

Lights out for Earth Hour

A photograph before and during Earth Hour seen from Dundas Square in Toronto on Saturday.

AARON VINCENT ELKAIM/THE CANADIAN PRESS

Above average

6.8

Toronto's 6.8 per cent drop in power use during Earth Hour on Saturday night was a better-than-average showing among cities reporting changes. On a provincial scale, Ontario's Independent Electricity System Operator reported that compared to a typical Saturday night in late March, demand for electricity in the province was down 2.7 per cent as a result of Earth Hour.

Participation

Round the world

A record 6,525 cities, towns and municipalities in 150 countries and territories took part in this year's Earth Hour event, according to organizers.

Comparison

How did Toronto's reduction from 8:30 to 9:30 p.m. compare to other towns switching off their lights?

- Vaughan: 8.6%
- Markham: 7.2%
- Barrie: 6.7%
- Mississauga: 3%
- Ottawa: 1%
- Regina: 5%
- Calgary: No change
- Vancouver: 2.1%
- Jakarta, Indonesia: 6.5%

TORSTAR NEWS SERVICE

RBC Royal Bank

Lower debt. Increase happiness.

Save over $700* by consolidating your higher interest debts.

RBC Royal Bank® has new online tools and resources to help you develop a concrete plan to lower debt and save money.

- Create your own customized **Debt Reduction Plan**
- Explore ways to simplify payments with our **Debt Consolidation Calculator**

Get started today at rbc.com/smile

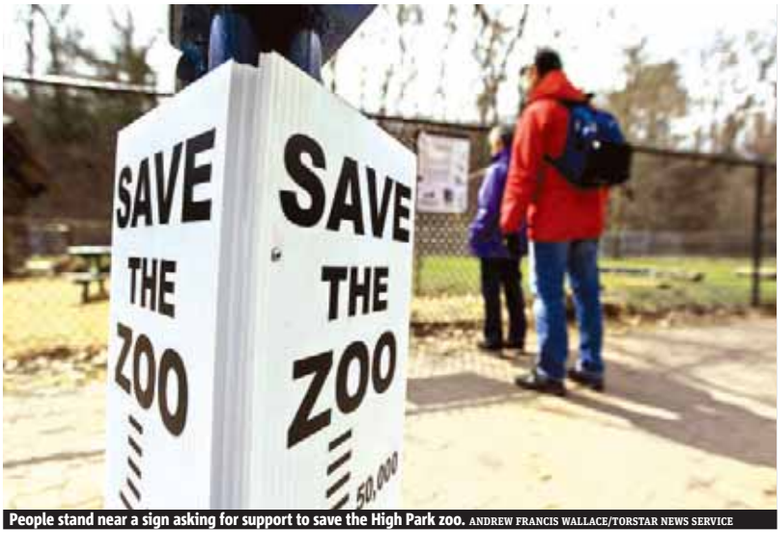
Or scan here using your mobile device to learn more.

Advice you can bank on™

*Based on $12,200 fixed rate loan at 8% per annum with a 26 month amortization. Savings example is calculated by consolidating credit card balances of $3200 @ 19% per annum with monthly payment of $150/month, and $1000 @ 25% per annum with monthly payment of $100 and loan of $8000 with 3 year term @ 9% per annum with monthly payment of $265/month. The interest rate is subject to change at any time without notice. The rate is used for illustrative purposes. Personal Lending products and residential mortgages are offered by Royal Bank of Canada and are subject to its standard lending criteria. ®/™ Trademark(s) of Royal Bank of Canada. RBC and Royal Bank are registered trademarks of Royal Bank of Canada.

Small zoos in limbo

Borrowed time. High Park Zoo, Far Enough Farm are slated for closure this year unless a way can be found to keep them open



People stand near a sign asking for support to save the High Park zoo. ANDREW FRANCIS WALLACE/TORSTAR NEWS SERVICE

She's been "slimed" by gentle Jasper the bison, who shows his gratitude for awesome ungulate treats with dollops of drool. And she's felt the velvety soft lips of the llamas on her hands.

For Ward 13 Councillor Sarah Doucette, these close encounters of the furry kind came during feeding these High Park zoo animals, under the guidance of zookeepers who allow this only under certain conditions and during supervised visits by school groups.

Those visits may soon be a thing of the past if the City of Toronto goes ahead with its plan to save $114,000 a year by closing the High Park zoo — which contains about 50 deer, bison, yak, emu, sheep, llamas, wallabies, West Highland cattle and more — in the popular 161-hectare park just west of downtown.

The animal enclosures, which date back to 1890 when deer were kept in High Park, have only enough funding to stay open until June. If there's no alternative by then, the zoo will close.

The City of Toronto has put out a public request on its website for companies that may want to run the High Park zoo as well as Far Enough Farm on Centre Island, which shelters farm animals and is likewise scheduled to close. The city's information about Far Enough Farm says a vendor could charge an entrance fee, but no infrastructure is currently in place to enable ticket sales and fee collection.

Doucette said it will probably be difficult to find a business owner to take over the High Park zoo, as the park was deeded to the city in 1876 by John George Howard on condition Toronto citizens always access it for free. Whoever runs the zoo would be able to charge only for guided tours, or for taking photos and gift items.

"Who wants to run a zoo where they can't make any money?" asked Doucette, who has a great personal interest in the High Park attraction.

"I used to take my children (now 22 and 16) there," said Doucette, who has been forging ahead with ideas to create revenue to keep the zoo open. "You can get up-close and personal with the animals here... They'll smell you and breathe you. When I fed Jasper ... he was so gentle."

TORSTAR NEWS SERVICE

Price tag

$100K

Doucette said it will cost about $100,000 to keep the zoo open to the end of December, and "we're looking for corporate sponsorship" to keep it open further.

Saving High Park Zoo

Doucette said she has been unable to find out from city staff what will happen to the animals if the zoo closes.

- **"All I've been told** is that some animals are on loan and they'll be given back, but I haven't been told where."
- **So far, zoo fans mobilized** by media stories and a couple of Facebook pages — Save High Park Zoo and Friends of High Park Zoo — have donated $25,000 through the Toronto Parks and Trees Foundation to keep the zoo open.
- **Thousands have also signed** a petition to keep the zoo open and shared, via Facebook, many fond memories of family visits over the years.

An emu looks through a fence at the High Park zoo. ANDREW FRANCIS WALLACE/TORSTAR NEWS SERVICE

SCANDINAVIA'S #1 SELLING CHILI FAT BURNER

Here is your new powerful and clinically proven fat burning spice: Chili

Burn calories - burn!

The Scandinavian company New Nordic has launched the new **Chili Burn™** tablet you need to lose your belly fat. Here are 4 compelling reasons to run to your pharmacy and pick up a box of Chili Burn tablets:

- IT BURNS FAT AND CALORIES
- CLINICALLY PROVEN INGREDIENTS
- IT PROMOTES A LEAN BODY
- STOMACH FRIENDLY COMPOSITION

Ruth burned away her belly-fat and fits into her wedding dress again!

Ruth feels great! She actually got back into her wedding dress of 37 years ago, after taking Chili Burn!

Ruth's story

"After having 5 children, I had a hard time burning that extra fat. As the years progressed, I never viewed myself as being overweight, but I always struggled with fat on my stomach. At 55, I found myself constantly dressing to disguise my belly, staying away from tight clothes and the like.

People noticed my new figure

I read about **Chili Burn** in a magazine and thought I'd give it a try. I purchased the supplement at my local pharmacy and started taking it in July 2011. Now, 6 months later I have lost my belly fat and people really notice it. They all want to know my secret, so I recommend **Chili Burn** to family, friends, and acquaintances and really encourage them to try it out. This product will suit anyone who would like to burn fat with natural ingredients and be side effect free. I highly recommend it."

Ruth Veldstra, Hagersville, Ontario

Don't be fooled by other products:

Look for the New Nordic silvertree logo. All fat burners are not alike and Chili Burn is the only one with this composition. It's imported from Scandinavia.

Contact us:
www.newnordic.ca
1-877-MY-NORDIC
New Nordic Canada
@NewNordicCanada

SHOPPERS DRUG MART · Loblaws · Extra Foods · Superstore · Rexall Pharma Plus

metro
CANADA'S FIRST NEWS APP IN NEWSTAND
Now available for iPad, iPhone and iPod touch!
Available on the App Store

We are looking for people to make a difference!

Men and/or Women, aged 18 yrs or older

Lambda specializes in conducting clinical trials.
Lambda is looking for healthy non-smoking individuals to participate in upcoming clinical trials.
Participants are compensated for their time.
Compensation is up to $500 a day.
Refer a friend and you may receive $100!

LAMBDA
Lambda Therapeutic Research

For more information
call (416) 752 3333 or visit www.todaysresearch.com
Mon-Fri: 9-6, Sat: 10-3, 460 Comstock Road, Toronto

Thrilla on the Hilla goes to Liberals in three rounds

Conservative Senator Patrick Brazeau and Liberal MP Justin Trudeau fight in a charity boxing match for cancer research Saturday in Ottawa. Trudeau won, stopping Brazeau in the third round. FRED CHARTRAND/THE CANADIAN PRESS

Potato farmer home from Lebanese jail

Seeking extradition. N.B. man's lawyers, family expressed concerns about his deteriorating health

After more than a year in a Lebanese jail, Henk Tepper is finally home.

"I'm happy to be home," the New Brunswick potato farmer told a throng of reporters as he left the customs area at the Ottawa airport Saturday.

Tepper, who is in his mid-40s and from Drummond, N.B., has been in custody in Beirut since March 23 of last year.

He was picked up on an international arrest warrant on allegations he exported rotten potatoes to Algeria in 2007 and forged export documents.

A source close to Tepper says an Interpol red notice issued by Algeria remains in effect and the notice says he could face up to five years in prison if convicted of the allegations.

Tepper's lawyers have denied all of the allegations, saying the potatoes were inspected in Canada before shipment and met Algerian standards.

Algeria also alleges that Tepper forged documents related to the export of potatoes from Quebec and Prince Edward Island.

Tepper was arrested in Lebanon when he travelled to the Middle East on an agricultural trade mission to promote seed potatoes from Atlantic Canada.

THE CANADIAN PRESS

Political inaction?

A number of public appeals and meetings were held to push for Tepper's return.

- **Legal limbo.** Diane Ablonczy, Canada's minister of state of foreign affairs, issued a statement saying the federal government has been working behind the scenes to get Tepper released.
- **Not enough.** Tepper's family and Liberal politicians have criticized Ottawa's efforts to have him returned to Canada, accusing the feds of not doing enough.

Health and safety

Feds looking to bury nuclear waste

The federal government is eyeing the site of the Chalk River nuclear reactor, 160 kilometres northwest of Ottawa, as a radioactive waste site.

Atomic Energy of Canada Ltd. says 267,000 cubic metres of low- and medium-grade nuclear waste is now stored above-ground in steel containers at the Chalk River site. The amount of radioactive material is expected to grow to 360,000 cubic metres by 2100. That's enough debris to fill 106 Olympic swimming pools now, and 144 by the end of the century.

The compound would consist of shafts, access tunnels and as many as 223 storage rooms for the radioactive waste. THE CANADIAN PRESS

Stranded cruise ship reaches shore following on-board fire

S.O.S. No distress call was received when Azamara Quest engine room burst into flames near southern Philippines: Authorities

A luxury cruise ship stranded at sea for 24 hours because of a fire safely reached a Malaysian port where police and embassy officials stood by Sunday to help 1,000 people aboard, including 45 Canadians.

The Azamara Quest drifted off the southern Philippines after flames engulfed one of its engine rooms Friday, injuring five crew members. It restored propulsion the next night and reached the harbour of Sandakan city in Malaysia's eastern state of Sabah on Borneo island late Sunday.

Two ambulances came out of the port shortly after the ship docked, followed more than two hours later around midnight by a fleet of buses taking passengers to hotels. Inside the buses, several people appeared tired, but many others smiled and one man waved to reporters waiting outside the port.

The fire on the Azamara Quest had been extinguished immediately, but five crew members suffered smoke inhalation, including one who was seriously injured and needed hospital care, the ship's operator has said. THE ASSOCIATED PRESS

Nautical trauma

The incident was the latest in a series of accidents hitting luxury cruise liners since January, when the Costa Concordia capsized off the coast of Italy, killing 32 people.

- **Sitting duck.** A month after the Costa Concordia ran aground and capsized off the western coast of Italy in January, a fire on the Costa Allegra left that ship without power and adrift in waters known to be prowled by pirates in the Indian Ocean for three days.

Passengers from the stricken cruise ship Azamara Quest queue to check in at a hotel in Sandakan, Malaysia, Monday. The Azamara Quest, carrying 590 passengers and 411 crew, was left adrift for 24 hours after a fire broke out in one of the ships engine rooms on Friday night. MARK BAKER/THE ASSOCIATED PRESS

Laser Hair Removal & Skin Correction Inc.
Laser & Skin Care for all skin tones
Using The Best Technology To Give You The Most Effective Results
We work with you to achieve results that will make you comfortable in your own skin.
SPRING SALE
Choose 1 of 3 Body Parts:
Underarms, Upper Lip,or Cheek Bones
$99 for 3 Sessions
OPEN 7 DAYS A WEEK!
Call Now: 416-444-4455
1865 Leslie Street, Suite 206. M3B 2M3

Interested in Managing your Diabetes Naturally?
Join a landmark study to manage your diabetes through healthy diet and lifestyle choices.
By participating, you will get:
• advice from a registered dietitian
• advanced check up of your arteries
• additional education in using low glycemic and high fibre diets
You may qualify if you are:
• living or working in the Toronto area
• in good health
• taking tablets for diabetes (but not insulin)
Call St. Michael's Hospital today at
416.867.7474
www.stmichaelshospital.com
University of Toronto Faculty of Medicine
CIHR IRSC
St. Michael's Inspired Care. Inspiring Science.

Read metro work every Monday and Wednesday for tips and trends in education and employment.
Only in Metro. News worth sharing.

Imagine a place where insurance companies compete for you.
Not with you.
Finding the right insurance can be a battle. But with InsuranceHotline.com, opponents quickly become suitors. Within minutes get access to the lowest rates available in our expansive network of over 30 premier insurance companies.
Experience a fast, free, and easy service that's loyal to your wallet, not your insurance provider.
InsuranceHotline.com
We search. You save.

Aung San Suu Kyi wins seat in Myanmar's parliament

Election. Supporters celebrate as iconic democracy campaigner wins political office

She struggled for a free Myanmar for a quarter-century, much of it spent locked away under house arrest. Now, the Nobel Peace Prize laureate whose non-violent campaign for democracy at home transformed her into a global icon is on the verge of ascending to public office for the first time.

Aung San Suu Kyi, 66, was elected to Parliament Sunday in a historic victory buffeted by the jubilant cheers of supporters who hope her triumph will mark a major turning point in a nation still emerging from a ruthless era of military rule.

If confirmed, the election win will also mark an astonishing reversal of fortune for a woman who became one of the world's most prominent prisoners of conscience.

When she was finally released in late 2010, just after a vote her party boycotted that was deemed neither free nor fair, few could have imagined she would make the leap from democracy advocate to elected official in less than 17 months, opening the way for a potential presidential run in 2015.

The results must be confirmed by the government's electoral commission, however, which may not make an official declaration for days.

U.S. Secretary of State Hillary Rodham Clinton congratulated Myanmar for holding the poll.

"Even the most repressive regimes can reform, and even the most closed societies can open," she said. THE ASSOCIATED PRESS

Aung San Suu Kyi's supporters in Yangon, Myanmar, erupt in euphoric cheers Sunday after learning she had won a parliamentary seat in a landmark election. ALTAF QADRI/THE ASSOCIATED PRESS

Latest and greatest from Daymak
April Specials
SHADOW EBIKE
First Wireless Ebike in the World
You could win a Shadow Ebike
To register and for full contest details visit clubmetro.com
VISIT clubmetro.com TO ENTER
MADE IN TORONTO by Daymak
Available
Yellow
Red
Black
Tokyo $799*
Vienna Solar $1199*
NEVER CHARGE AGAIN!
Voyager Solar $1399*
Rickshaw Solar $1999*
DAYMAK.COM
COOL MEANS OF TRANSPORTATION est. 2001
Why Daymak?
No insurance , license required or gas required
Daymak product features Canadian Technology Daymak Drive
Money back guarantee **
72 hours parts guarantee ***
Free loaner ebike with extended warranty
Free delivery in the Toronto area
Accessories
Parts
Service
Sale
Tune up $99
Charger 48V $69 REG $99
Mp3 Installed $99 REG $149
Helmet Half $24.99 REG $39.99
Battery 48V20AH $199 REG $299
Tubes 16x3, 18x2.5 $7.99 REG $12
Controller 500W48V $69 REG $129
Tires 18", 16" regular $22.99
For a full list of dealers visit
DAYMAK.COM
COOL MEANS OF TRANSPORTATION est. 2001
DAYMAK 400
130 Oakdale Rd.
Toronto
Tel: 416-749-2324
DAYMAK 401
35 Stoffel Drive Unit B.
Etobicoke
Tel: 416-240-1384
* Taxes and PDI not included. PDI ($139) gives 1 year warranty on motor and frame. 90 days on every other component. Extended warranty is $199.Extended warranty includes loaner program.
** 7 Money back guarantee with 20% restocking fee if returned in original condition
***All parts required to get the bike in working condition for road use are guaranteed for 2012 models to be delivered in 3 business days or it's free. Please note that cosmetic issues are not covered under this guarantee such as fadings or cases.

70 countries pledge cash for Syrian rebels

Istanbul conference.
Money may go to pay rebel army salaries

A Syrian boy flashes the 'V' for victory sign during a demonstration in Idlib, Syria. THE ASSOCIATED PRESS

A coalition of at least 70 countries pledged on Sunday several million dollars a month and communications equipment for Syrian rebels and opposition activists, signalling deeper involvement in the conflict amid a growing belief that diplomacy and sanctions alone can't end the regime's repression.

The summit meeting of the "Friends of the Syrian People" follows a year of failed diplomacy that seems close to running its course with a troubled peace plan led by UN-Arab League envoy Kofi Annan.

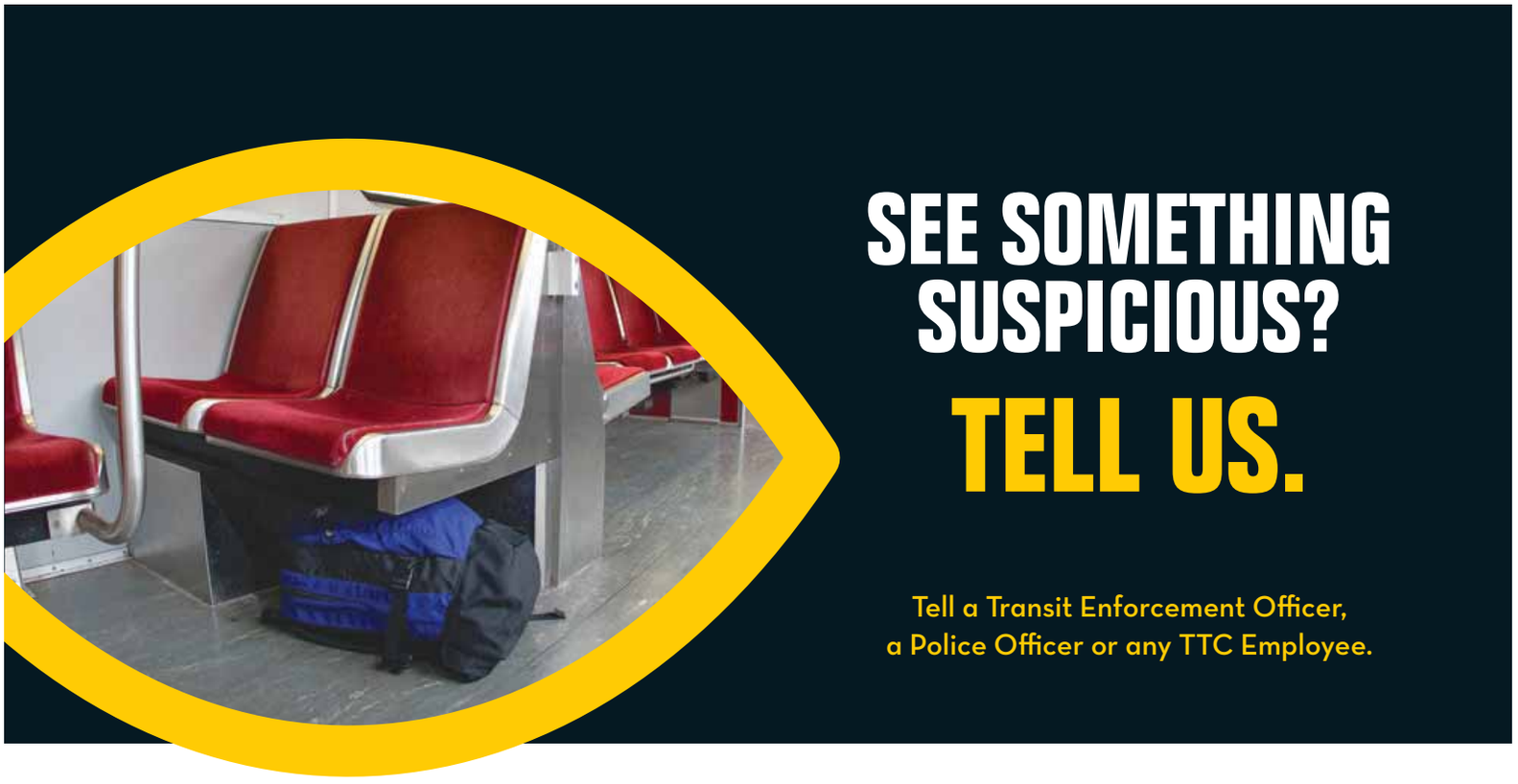
Indeed, U.S. Secretary of State Hillary Rodham Clinton and other participants in a meeting on Syria, held in Istanbul, uniformly expressed concern that Annan's plan might backfire, speculating that President Bashar Assad would try to manipulate it so as to prolong his hold on power.

Clinton said she was waiting for Annan's report to the UN Security Council on Monday on the status of his peace plan.

"If Assad continues as he has, to fail to end the violence ... then it's unlikely he is going to ever agree," she said.

THE ASSOCIATED PRESS

Need A Home Phone?
Was your home phone disconnected?
Call Us Now
Bad Credit? No problem!
If you owe the phone company money, or have already been disconnected... Freedom will get you reconnected... FAST!
Take advantage of our low long distance rates also.
No credit check
No ID required
No security deposit
9-1-1
Limited Time Offer
First Month FREE
Freedom
1-877-650-0967



Wisconsin primary.
Romney win would all but end the GOP race

A Mitt Romney victory in the Wisconsin Republican primary Tuesday could all but end the party battle to pick a challenger to U.S. President Barack Obama.

The former Massachusetts governor, who as CEO of a private equity firm amassed a fortune worth an estimated quarter of a billion dollars, is predicting success in the upper Midwestern state. He is now shifting his campaign attacks almost solely to Obama and away from fellow Republicans.

Obama was originally vulnerable in his bid for a second White House term because of the ravages left behind by the Great Recession and the near national financial meltdown just before he took office. But the president has seen his prospects improve as a result of the Republican nomination fight and signs the economy is in a sustained recovery.

Even as Romney looks ever more likely to win the nomination, chief rival Rick Santorum said he would not give up.

Santorum said that Romney is the wrong candidate to challenge Obama because of his support for a health care plan in Massachusetts that was the basis for Obama's health care overhaul that Republicans vow to overturn.

THE ASSOCIATED PRESS

Scenario

Wisconsin Republican primary Tuesday:

- **A Romney win likely** but chief rival Rick Santorum refuses to quit.
- **The Wisconsin vote will be Santorum's last chance** to prove his strength in the U.S. heartland, where he's said he can challenge Obama — but where Romney has beaten him consistently.
- **Santorum says he will drop out** should Romney accumulate the 1,144 delegates needed before the convention.

Palm Sunday procession in Austria

A boy carries traditionally decorated catkin twigs during a Palm Sunday procession in the Austrian province of Salzburg Sunday. Palm Sunday opens Holy Week which ends with Easter Sunday, the most important Christian holiday. KERSTIN JOENSSON/THE ASSOCIATED PRESS

Watch what you say

In Britain, big brother wants to know

Every email to your child. Every status update for your friends. Every message to your mistress.

The U.K. government is preparing proposals for a nationwide electronic surveillance network that could potentially keep track of every message sent by any Brit to anyone at any time. That word from an industry official briefed on the government's moves.

Plans for a massive government database of the country's phone and email traffic were abandoned in 2008 following a public outcry. But James Blessing of the Internet Service Providers' Association said the government appears to be "reintroducing it on a slightly different format."

Blessing said the move was disclosed to his association by Britain's Home Office during a meeting in recent weeks.

Britain's Home Office declined comment.

THE ASSOCIATED PRESS

HUMBER
The Business School

Humber Fashion Institute

FASHION RETOUCHING WORKSHOP
USING ADOBE PHOTOSHOP CS5.5

This introductory course has been developed specifically for those interested in fashion and cosmetics who are seeking the opportunity to experiment with the software tools required to digitally enhance fashion photography. The course will cover retouching techniques such as colour, contrast and tonal adjustments, blemish removal, skin smoothing, shape modifications using Liquify and cosmetic enhancement of the eyes, lips, and hair. Student projects will include the creation of "Before and After" imagery for inclusion in their online or print-based portfolios.

Photographs by Paul Chmeilowiec

FASHION RETOUCHING WORKSHOP INFORMATION
COURSE # FIWS 100 70
Cost: $350 / for entire session
Dates: April 28, 2012 - June 9, 2012
(no class will be held on May 19, 2012)
Time: 9:30 am - 12:30 pm

humberfashioninstitute.ca

BLAH
WORRIED
GRUMPY
WIRED
SCARED
SAD
CONFUSED
BAD
NOT myself TODAY

EVER HAVE DAYS WHEN YOU DON'T FEEL LIKE YOURSELF?

Paying attention to those feelings is part of dealing with your mental health. Find out why that's so important, why mental health in Canada must change, and how you can play a key role in making that happen.

TAKE THE PLEDGE AT NOTMYSELFTODAY.CA

partnersformentalhealth

High time to tax the rich fairly: Obama

Buffett Rule. Push for new taxation comes as millions of Americans prepare taxes for April filing deadline

U.S. President Barack Obama is calling on Congress to increase taxes on millionaires, reviving a proposal he first pitched last September that aims to draw sharp election-year lines between the president and the Republican opposition.

The plan, scheduled for a vote in the Democratic-controlled Senate on April 16, stands little chance of passing in Congress. But it is a symbol of the efforts the president and congressional Democrats are making to portray themselves as champions of economic fairness. Republicans dismiss the idea as a political stunt with little real effect on the budget.

Obama calls the plan the "Buffett Rule" for Warren Buffett, the billionaire investor who has complained that rich people like him pay a smaller share of income tax than middle-class taxpayers. Obama has proposed that people earning at least $1 million annually should pay at least 30 per cent of their income in taxes.

THE ASSOCIATED PRESS

Tax rates

"Warren Buffett is paying a lower rate than his secretary. Meanwhile, over the last 30 years, the tax rates for middle-class families have barely budged."

U.S. President Barack Obama, on ending tax cuts for the wealthy

Burger King menu courts healthier eaters

A diner orders food at a Burger King restaurant in Miami. Burger King launches 10 menu items including smoothies, frappes, specialty salads and snack wraps Monday — its biggest menu expansion since the chain opened its doors in 1954. LUIS M. ALVAREZ/THE ASSOCIATED PRESS

Market Minute

DOLLAR
100.25¢
(-0.08¢)

TSX
12,392.18 (+53.18)

OIL
$103.02 US (+0.24¢)

GOLD
$1,671.90 US (+$17.00)

Natural gas: $2.12 (-2.6¢) per 1,000 cubic feet
Dow Jones: 13,212.04 (+66.22)

Outrage

Protest against Irish property tax

The Irish government says 1 million households have failed to pay property tax About 5,000 protesters marched through Dublin Saturday. THE ASSOCIATED PRESS

Gas shortage?
U.K. quells panic rush to fuel pumps

Britain's government has moved to stop panic buying at gas pumps, telling motorists there is no need to fill up their tanks as previously stated.

The new advice caps several days of confusion, which even supporters of the ruling Conservative Party say has dented its leadership credentials.

Things went wrong shortly after Britain's Unite union threatened to pull off a fuel-tanker strike that could still leave thousands of service stations drained of gasoline. Such strikes can have serious political consequences in Britain, where gasoline prices are already among the highest in Europe.

The Conservatives warned motorists to stock up on fuel in preparation for possible shortages. Cabinet Office minister Francis Maude went so far as to suggest that drivers fill their jerry cans — containers that can hold 20 litres of gasoline.

THE ASSOCIATED PRESS

DEPRESSED?
If you are currently depressed and 18 - 65 years old, you may be eligible to participate in a novel study on using *low dose medication* to enhance the body's own natural brain chemistry.
For information, visit: AntidepressantTrial.com, or call our Clinical Trials Office:
416.340.4800 EXT 8839
No compensation provided
University Health Network

DISABILITY CLAIMS?
Have you been denied or cut off from your long or short-term disability insurance benefits? We can help you.
FREE INITIAL CONSULTATION
NO PAYMENT UNTIL CLAIM IS SETTLED
416-363-1867
ROCHON GENOVA LLP
BARRISTERS · AVOCATS
www.rochongenova.com

LIFE INSURANCE
MORTGAGE INSURANCE
LINE OF CREDIT INSURANCE
Do you have Mortgage Insurance or Line of Credit Insurance with a BANK?
COMPARE & SAVE UP TO 50% ... LOWEST RATES GUARANTEED!
Monthly Premium for a 10 year Term (Renewable & Convertible) Preferred Plus Non Smoker

Age	$100,000		$250,000		$500,000		$1 Million	
	Male	Female	Male	Female	Male	Female	Male	Female
35	$11	$10	$12	$10	$19	$15	$32	$25
40	$13	$11	$16	$13	$24	$19	$41	$29
45	$16	$13	$23	$17	$33	$22	$57	$38
50	$17	$13	$33	$24	$52	$36	$95	$67
55	$26	$16	$53	$37	$88	$66	$168	$123
60	$37	$26	$86	$59	$160	$110	$310	$212
65	$61	$40	$146	$94	$282	$184	$551	$362
70	$102	$70	$248	$167	$492	$328	$971	$652

Also available: Life Insurance without medicals!
Other Plans: Term 20, 25, 30, Term 100, Whole Life, Universal Life, Critical Illness and Disability Insurance, Health & Dental, Visitor's Plans, RRSP and RESP
Brokers representing Manulife, BMO, RBC, Canada Life, Industrial Alliance, Standard Life, Unity Life, CPP, Empire Life, ING Bank, Desjardins ...
Call: Guilroy or Rahul (Henriques Financial)
Tel: 416-898-8889 / 905-282-0800 / 1888-744-2418 (24/7)
Email: henriquesfinancial@rogers.com Website: www.henriquesfinancial.com

NEED A RIDE?
Read metrodrive every Wednesday.

Enjoy any muffin and 10oz coffee for
$2.29* April 2 & 3
at Commerce Court only
25 King Street West
mmmuffins
*Applicable taxes extra. Coupon redeemable at Commerce Court location only. Redeemable at time of purchase. Limit one coupon per person. Not valid in combination with any other offer. No cash value. Offer valid on April 2, 2012 & April 3, 2012.

MONEY PROBLEMS?®
Make One Small Monthly Payment For all your DEBTS!
◆ Stop Collection Calls
◆ Reduce Your Debts
◆ Stop Wage Garnishment
◆ Stop Interest Right Away
◆ Re-Establish Your Credit
Contact us for a FREE & CONFIDENCIAL meeting with one of our Govt. Registered Counsellor
gta credit
Call Now: 310-7700 (no area code required)
Visit: GtaCredit.Com
10 Convenient Locations: Ajax - Brampton - Barrie - Hamilton - London - Mississauga North York - Oshawa - Scarborough - Downtown Toronto

comwave®

Home Phone

All Features FREE

- Voicemail
- Call Waiting
- Caller ID
- Call Forwarding and much more...

comwave® Home Phone

Unlimited Local

Unlimited local calls plus over 14 FREE features

$14.95/month

comwave® Home Phone

Unlimited Canada

All the features FREE plus unlimited Canada-wide long distance

$19.95/month

comwave® Home Phone

Unlimited Global

Your best home phone value- Unlimited long distance to almost 60 countries plus all features FREE

$29.95/month

Limited Time Offer

6 Months FREE

You're going to love the quality!
Your Satisfaction is Guaranteed or You Pay Nothing!

www.comwave.ca

1-866-516-0236

While Comwave strives for accuracy in our advertising, Comwave reserves the right to correct any error in pricing or information at any time. HOME PHONE LINE'S VoIP 911 has certain limitations versus traditional 911. All Unlimited Plans do not include calls to the Yukon, Nunavut, NWT, Alaska and Hawaii. The 6 Month Free Promotion is based on a 3 YR term and includes a 90 Day Satisfaction Guaranteed period. The Global Plan includes a 30 Day Satisfaction Guaranteed period. If you are not 100% completely satisfied, you may terminate the service anytime within the Satisfaction Guaranteed Period with no further obligation. If you transfer your existing phone number from your current provider to Comwave within the first 90 days, you will receive an additional 3 months free for a total of 6 months free. Terms and conditions apply, see www.comwave.ca for details.

comwave®

Long Distance

Lowest Rate Guarantee

- ✓ No matter where you call, anywhere in the world
- ✓ No matter what rate you pay... We'll beat it

Lowest Rate Guarantee 100% Satisfaction

Comwave will beat all competitor's rates

Guaranteed

1 cent to India

1000 minute bundle only $10/month

1¢ /minute

Unlimited Canada

Unlimited calling to anywhere in Canada

$5 /month

Australia	1¢/min	Iran	5¢/min	Romania	1¢/min
Bangladesh	from 3¢/min	Israel	1¢/min	Russia	from 1¢/min
Bosnia	13¢/min	Italy	1¢/min	South Korea	2¢/min
China	1¢/min	Lebanon	7¢/min	Sri Lanka	9¢/min
Colombia	from 3¢/min	Mexico	from 1¢/min	Trinidad	4¢/min
Cuba	89¢/min	Pakistan	5¢/min	U.A.E	14¢/min
El Salvador	9¢/min	Philippines	11¢/min	Ukraine	7¢/min
Germany	1¢/min	Poland	1¢/min	U.K	2¢/min

Check out our mobile apps
Search "Comwave" on iTunes, Android Market and Blackberry App World

30 Minutes Every Month FREE

(To Canada & USA)
Lowest Rate Guarantee

NO Contracts

1-866-516-0236

www.comwave.ca

While Comwave strives for accuracy in our advertising, Comwave reserves the right to correct any error in pricing or information at any time. LONG DISTANCE: Lifetime Rate Guarantee is based on competitors lowest advertised rate for like services. Comwave will not rate match against charity or internet services. Bundled minute plans or prepaid calling cards due to their inaccurate billing criteria. Bundled minute plans cannot be shared by more than one line. Unused minutes from one month do not carry over to the next month. Excess minutes will be billed at our lowest rate guaranteed. Calls to Overseas Mobile Phones may be billed at a higher rate. Terms and conditions apply, see www.comwave.ca for details.

SEND A LETTER — SAVE A FRIENDSHIP

URBAN COMPASS
Lia Grainger
toronto@metronews.ca

Gathering in a public space to sit and silently handwrite letters might seem a tad counter-intuitive.

In the age of email, Twitter, Facebook and smartphones, the handwritten letter seems poised to become obsolete, never mind that letter writing is usually a solitary pursuit.

But last Wednesday evening at a gathering of the Post a Letter Social Activity Club (PAL-SAC), a group of youthful individuals sat down at the Holy Oak Café on Bloor Street West with pens, papers, stamps, postcards and envelopes to do just that.

"It saved a friendship for me," says Haley Imerman, an architectural intern who has been coming to these events since they began in Toronto in 2010.

"I'd been out of touch with a friend for ages, and wrote them a letter apologizing. She replied as soon as she got it — but by email," she says with a laugh." I like letter writing because it's more carefully considered — it has this weight of permanence that you don't get from a phone call or even an email."

The pen is ... well, you know

"I'd been out of touch with a friend for ages, and wrote them a letter apologizing. She replied as soon as she got it — but by email."

Haley Imerman
Architectural intern and PAL-SAC attendee since 2010

The project is the brainchild of Angel Chen, a 24-year-old visual artist who came to Canada from Taiwan at the age of 14. Chen was living in Montreal when, in 2007, she held the first informal PAL-SAC gathering in her home. "Think about study dates," says Chen. "People get together, often in a public space, to work on something individual. Sometimes you need that moral support, and I wanted to create a space like that for letter writing."

Chen creates that space by searching out venues — the Holy Oak Café, Toronto's first post office around the corner from St. Lawrence Market, The Avro on Queen Street East — and provides a range of fun writing materials at cost. She also provides a dictionary and thesaurus, a laptop to look up addresses, and a list of public and private organizations and institutions to whom people might like to send a political letter.

It's a simple concept, but one that has proved surprisingly popular.

Since the first event in 2007, PAL-SAC has grown to more than a dozen chapters spread around the world, from Australia to Denmark to Springfield, Miss.

"Something as simple as writing a letter can be difficult," says Chen. "Sometimes you just need that little nudge."

The next PAL-SAC event is Monday from 7 p.m.-10 p.m. at The Avro, 750 Queen St. E.

Hayley Imerman and April Aliermo write letters at the Post a Letter Social Activity Club. LIA GRAINGER/METRO

Global awareness looks bright

MARKUS SCHREIBER/THE ASSOCIATED PRESS

Earth Hour

150 countries dim the lights

Volunteers of the World Wide Fund for Nature set their own candles amongst about 5,000 others to picture the globe prior to Earth Hour in front of the Brandenburg Gate in Berlin on Saturday. Earth Hour takes place each year and is a global call to turn off lights for 60 minutes in a bid to highlight global climate change.

THE ASSOCIATED PRESS

Quoted

"We didn't really know how it would go when it first started, but each year we have more and more countries and cities and communities join on."

Zoe Caron, a spokeswoman for the World Wildlife Fund's Canadian operations

A song for action

- The new Earth Hour Anthem, When the Lights Go Down, was sung by crowds in Toronto to celebrate Earth Hour.
- The WWF calls it Canada's first ever crowd-sourced song. It was created from lyrics submitted and voted on by Canadians across the country.

National effort

511

The World Wildlife Fund Canada said 511 Canadian cities and towns participated in this year's event — the most ever.

Returned sports equipment causes a racquet

News Worth Sharing

Media will always have to report on the tough stuff. But we know that Canada is full of compassionate individuals, inspiring projects and stories worth celebrating. Here's just one.

When TTC employees and riders land in the news it seems like it's all too often for the wrong reasons, despite the good deeds that go unsung each day.

That's why Toronto resident Alice Domingues' recent experience is worth noting. "While waiting for my bus, I put down my brand-new squash racquet and sat down. My bus arrived and I went in, leaving the racquet behind." Two stops later, Domingues realized her loss and ran "like a mad person" back to Wilson station where an understanding TTC employee let her in without pay. But the racquet was gone. Seeing her concern and disappointment, a person led her to a cleaning room where a kind citizen had handed in the racquet not long before. "I was so happy and surprised to have it back. I am truly impressed that someone had the ethics to (do this). Whoever gave in my racquet, I would like to send you a public thank you." This person could have taken the racquet or indifferently left it for someone else to grab. They didn't. From Alice Domingues to the mysterious kind citizen at Wilson station: Thank you. **CRAIG AND MARC KIELBURGER**

Email us for more information and to get involved. Help the good news get around. Send your stories of local heroes and positive action to goodnews@metowe.com and we'll share them right here.

metro **President and Publisher** Bill McDonald • **Editor-in-Chief** Charlotte Empey • **Deputy Editor** Fernando Carneiro • **Managing Editor, Toronto** Tarin Elbert • **Managing Editor, News & Business** Amber Shortt • **Managing Editor, Life & Entertainment** Dean Lisk • **Vice-President, Sales** Quin Millar, **National Sales Director** Peter Bartrem • **Retail Sales Manager** Joshua Green • **Distribution Manager** Steve Malandro • **Vice-President, Business Ventures** Tracy Day • **Vice-President, Marketing & Interactive** Jodi Brown • **Vice-President, Finance** Phil Jameson • **METRO TORONTO** 625 Church St., 6th Floor Toronto ON M4Y 2G1 • **Telephone:** 416-486-4900 • **Fax:** 416-482-8097 • **Advertising:** 416-486-4900 ext. 250 • adinfotoronto@metronews.ca • **Distribution:** toronto_distribution@metronews.ca • **News tips:** toronto@metronews.ca • **Letters to the Editor:** torontoletters@metronews.ca

Feist still a Juno darling as she's named artist of the year

Awards. Feist, the Sheepdogs have a winning weekend in Ottawa with three trophies each at the 2012 Juno Awards

JOE LOFARO
Metro in Ottawa

Dallas Green accepts his award for songwriter of the year on Sunday at the Juno. FRED CHARTRAND/THE CANADIAN PRESS

Feist and Saskatchewan band The Sheepdogs came out on top at the 2012 Juno Awards by snatching three Junos each over the weekend.

After winning two each at a gala and awards dinner Saturday, they both won their third at the televised show held at Scotiabank Place in Ottawa on Sunday.

On Sunday, The Sheepdogs won single of the year for their hit I Don't Know. The Nova Scotia-born singer-songwriter Feist won artist of the year, sweeping aside City and Colour, deadmau5, Drake and Michael Bublé.

Before the show started, some of the nominees graced the red carpet outside the arena in chilly temperatures. Feist, Lights, MonkeyJunk, Dan Mangan, Nickelback and Hedley greeted shrieking fans. Teen heartthrob Justin Bieber, who was a no-show, disappointed many of the fans who queued outside the arena hours before the broadcast started. Toronto rapper Drake also did not attend.

Host William Shatner opened up the show with a tongue-in-cheek monologue poking fun at artists' names. "It's good to be back in Ottawa the home of the Ottawa Senators and the home of the Stanley Cup contenders. Of course I'm from Montreal, so, I mean, who cares?" said Shatner.

The first award of the night went to Dallas Green of City and Colour for songwriter of the year. Nine performances kept thousands of screaming fans jumping out of their seats in the transformed arena. Nickelback was first to light up the stage with a hard, pyrotechnical performance. The band came in with three nominations but went home empty handed.

Also up for a trio of awards was electronic music producer deadmau5. Like Nickelback, he left the weekend empty-handed.

Winners

Here is a partial list of some of the best acts in Canada — the 2012 Juno Award winners.

- **Juno fan choice.** Justin Bieber
- **Single of the year.** I don't know — The Sheepdogs
- **Album of the year.** Christmas — Michael Bublé
- **Artist of the year.** Feist
- **New artist of the year.** Dan Mangan
- **Songwriter of the year.** Dallas Green
- **Dance recording of the year.** Hello — Martin Solveig & Dragonette
- **Group of the year.** Arkells
- **New group of the year.** The Sheepdogs
- **Country album of the year.** Roots and Wings — Terri Clark
- **Pop album of the year.** Storms — Hedley
- **Rock album of the year.** Learn & Burn — The Sheepdogs
- **Alternative album of the year.** Oh Fortune — Dan Mangan
- **Rap recording of the year.** Take Care — Drake
- **Adult alternative album of the year.** Metals — Feist

Canadian stars shine at gala dinner

Lights performed at Saturday's Juno gala. SEAN KILPATRICK/THE CANADIAN PRESS

The Ottawa Convention Centre was transformed into a star-studded hub of Canada's greatest musical talent Saturday night as artists were handed the first batch of the 2012 Juno Awards.

The invite-only, non-televised Juno gala and awards dinner preceded Sunday's Juno Awards broadcast. Jian Ghomeshi, host of the Q on CBC, hosted the gala. Thirty-four awards were presented in rapid-fire succession with performances spread throughout the night by Oliver Jones, Lindi Ortega, Dan Mangan and MonkeyJunk.

JOE LOFARO/METRO

FREE THE CHILDREN
me to we
NOT YOUR TYPICAL SUMMER CAMP
• Gain new perspectives on the world
• Build your toolbox of leadership skills
• Find your place in an inclusive community of people taking action
• Learn from social issues experts and leadership facilitators
"Our summer academies build youth leaders who are changing the world. Have your kid join them to build leadership skills, lifelong friendships and enjoy hands-on volunteer experiences."
- Craig And Marc Kielburger
co-founders of Me to We and Free The Children
Sign up today for the Take Action Academy.
ONTARIO Me to We Leadership Centre | July 15-21, July 22-28 and August 5-11 and August 12-18
CONTACT 416-964-8942 ext. 518 | e-mail: academy@metowe.com | www.metowe.com/academy

NATCM HEMORRHOIDS CENTRE
Website www.natcm.ca
Guaranteed Results!
And 5 Years Guarantee! No Surgery!
FOR: HEMORRHOIDS, FISSURE, FISTULA, POLYPUS, ANAL ECZEMA, ANAL ABSCESS
Quickly stopped the bleeding, pain, and itching.
FREE Examination
CALL NOW
905-415-1777
Over 3 million satisfied patients over the world were treated using our solutions since 1979!
WE ACCEPT COMPANY INSURANCE PLAN.

2 SCENE

Box office

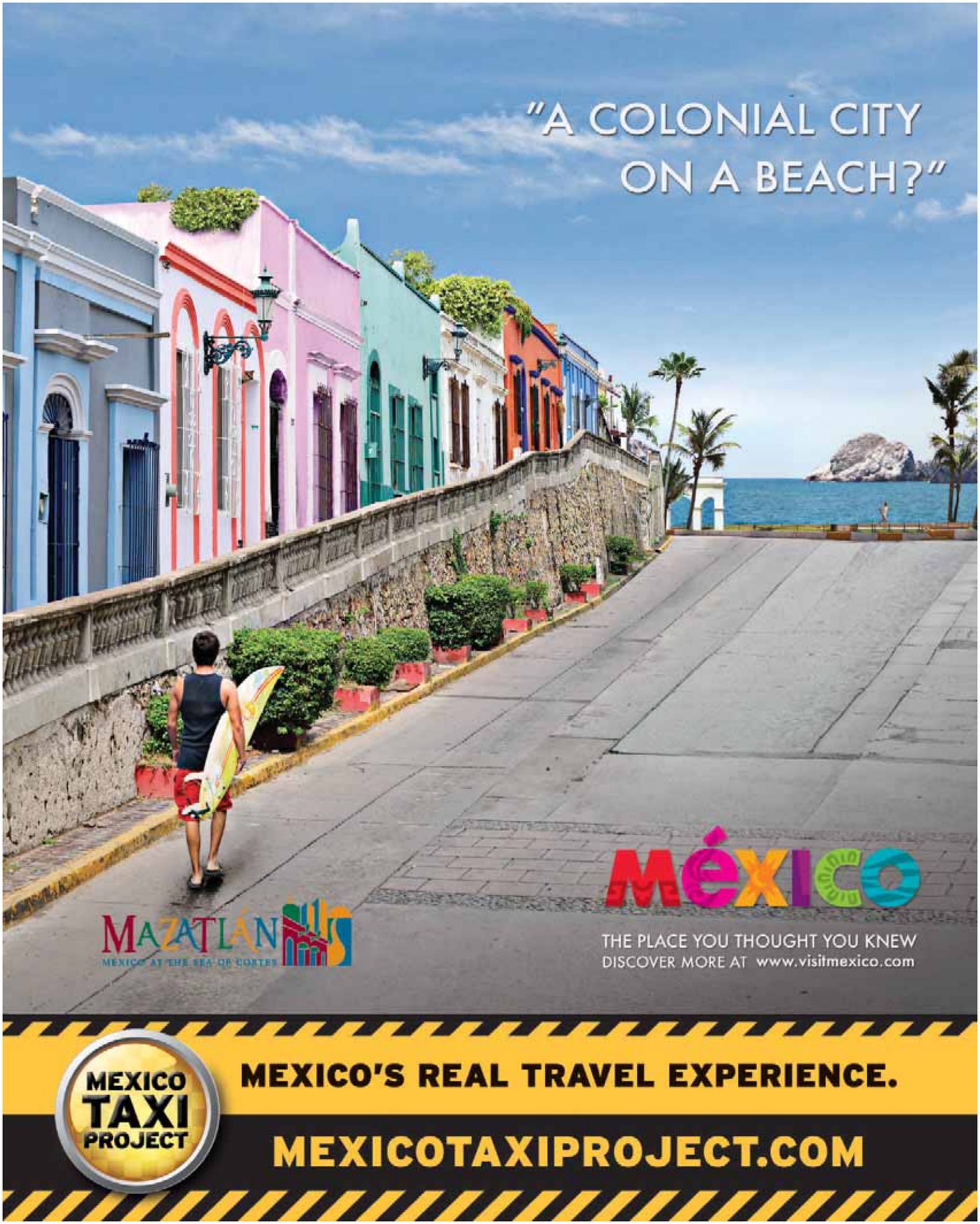
Fans still eating up Hunger Games

The Hunger Games is still the first item on the menu for movie fans. The blockbuster took in $61.1 million to remain the No. 1 film in its second weekend. Studio estimates Sunday put The Hunger Games well ahead of Sam Worthington's action sequel Wrath of the Titans, which opened in second place with $34.2 million. That's far below the $61.2 million opening of its predecessor, Clash of the Titans, two years ago. Julia Roberts' comic Snow White reinvention Mirror Mirror debuted at No. 3 with $19 million. Roberts plays the wicked queen opposite Lily Collins as Snow White. Starring Jennifer Lawrence as a teen force to compete in a televised death match, The Hunger Games lifted its domestic total to $251 million after just 10 days.

THE ASSOCIATED PRESS

On the web

For more coverage of the Juno Awards and our exclusive interview with The Sheepdogs, visit metronews.ca/scene


"A COLONIAL CITY
ON A BEACH?"
MAZATLÁN
MEXICO AT THE SEA OF CORTES
MÉXICO
THE PLACE YOU THOUGHT YOU KNEW
DISCOVER MORE AT www.visitmexico.com
MEXICO TAXI PROJECT
MEXICO'S REAL TRAVEL EXPERIENCE.
MEXICOTAXIPROJECT.COM

Learn & Burn: The Sheepdogs make it big

IAN GORMELY
scene@metronews.ca

Feature chat. Metro sits down with Saskatchewan's favourite sons to talk about their rise to fame

From appearing on the cover of Rolling Stone to touring with Kings of Leon, The Sheepdogs have come a long way from being an unknown prairie band.

Metro caught up with the recent three-time Juno Award winners for a chat.

Complete the sentence: "Saskatchewan is..."
Ryan Gullen: I always just associate it with being home. Saskatchewan is like peace of mind.

What do you miss most about home when you're on the road?
Ewan Currie: I miss the laid-back pace. It's a different kind of pace out here.
Gullen: Friends and family. You miss solace and being around familiar people.

What's the most memorable thing that has happened since the Rolling Stone cover?
Leot Hanson: Stepping onstage for that first arena tour with Kings of Leon.
Currie: Getting to make our new album down in Nashville and doing it with Pat Carney from the Black Keys.

Juno or Grammy — which do you covet most?
Currie: Neither. It's nice to get recognized, but music isn't a sport. It's for fun and for art.
Gullen: I also associate the Grammy's with pop music whereas the Junos diversify a bit. And also friends of mine get nominated.

What Canadian artist/group do you think is underrated or underappreciated?
Currie: There's no finer performing act in Canada than The Sadies.
Hanson: Monster Truck. They're like Deep Purple on Steroids.

If you win a Juno what will it mean, relative to the past year of your life?
Hanson: So much has happened in the last year. It would be really cool, but I don't think it would affect our life.
Gullen: From an artistic standpoint, the recognition isn't really focused on the art, but on the work that you've done. The last two years we've gone from being a band touring around, not making any money and trying to make a name for ourselves to people really recognizing our music and the things that we've done.

Describe your music in five words or less:
Gullen & Currie: Good time rock and roll
Corbett: Exciting original '70s throwback rock
Hanson: Whiskey brawling rock and roll twang

The Rolling Stone cover

Although the Saskatoon quartet have been grinding it out on the Canadian music scene for years, the band shot to fame both at home and down south after winning Rolling Stone's first ever You Choose the Cover contest.

- **Big break.** Wining the Rolling Stone competition landed them a coveted cover story with the venerable music mag as well as a record deal with Atlantic Records.
- **Surprise, surprise.** They were entered into the contest without their knowledge after a manager they'd met in Toronto submitted their demo.
- **People's choice.** The numbers were pared down over four rounds, as fans voted for their favourite artists online after the bands completed challenges that included performances at Tennessee music fest Bonnaroo and Late Night with Jimmy Fallon.

The magazine cover that changed everything for the band. HANDOUT/ROLLING STONE

In it to win it

"We were in the band for seven years before anything happened. We could have quit a long time ago."
The Sheepdogs' drummer Sam Corbett

The Sheepdogs, from left, Ewan Currie, Sam Corbett, Leot Hanson and Ryan Gullen pose in Times Square on Aug. 1, 2011 in New York City. GETTY IMAGES

The Real Housewives of Vancouver cast: Ronnie Seterdahl Negus, left, Jody Claman, Christina Kiesel, Reiko MacKenzie and Mary Zilba. DARRYL DYCK/THE CANADIAN PRESS

Canuck Housewives: 'We're regular people'

Powerful women. The Real Housewives of Vancouver premieres Wednesday at 9 p.m. on Slice

PHYLICIA TORREVILLAS
scene@metronews.ca

The Real Housewives of Vancouver promises a look into the charmed life of five Canuck ladies against the backdrop of mountain views. But the five stars from the hit reality franchise say it's not all about the glitz and the glamour; they're normal people too.

Ronnie Seterdahl Negus, a mother of five, says despite having a more privileged life than most people, she makes sure that her children work to get what they want.

"I didn't come from money and my husband and I worked hard to get where we are," said Negus, who owns four houses in West Vancouver, a private jet and a Napa Valley vineyard.

"It has made us successful and I try to breed success into my children. I don't think that's by handing them every little thing." She has a nine-year-old daughter who has special needs, and she's donating all of her earnings from the show to the B.C. Centre for Ability.

"We may have more glamourous styles, but deep down inside we're just normal people like everybody else," she says.

Jody Claman, a self-made businesswoman and clothing store owner, wants to show women that they can be who they want to be. "I am survivor and not a victim," Claman says. "I want women to say it's OK to get a divorce or be a single mom. You don't have to rely on anyone except for yourself."

Reiko MacKenzie, who calls herself the "ninja girl" of the group, says you're bound to get conflict when you put five women with strong personalities in one room. "It's entering a lion's den almost," she says.

Christina Kiesel, the twice-divorced travel addict, says the show's not scripted and what you see is what you get. "People that know me know that I embellish a lot or say a lot of things tongue-in-cheek," Kiesel says of the comment she made about her two divorces being her primary source of income. "I like to get people talking and I'm not hurting anyone."

At the end of the day, Kiesel says she hopes people will join them for a roller-coaster ride. "I've put myself out there doing this show, but I hope everyone is entertained," she says.

Moms with aspirations

Single mom and former beauty queen Mary Zilba, whose son has tuberous sclerosis, hopes to raise awareness and funds about the disorder through the show.

- **Working for a living.** "I just hope that people realize that I'm human with small and big problems like everybody else. I'm just working for a living," says Zilba, who's also looking to re-ignite her singing career.

The best way to discover, play and share music is Rdio.

Every day until **April 16**, we're **giving away a year** of **unlimited music** on **Rdio**!

Enter today at **clubmetro.com**

rdio™

www.rdio.com

VISIT clubmetro.com TO ENTER

To register and for full contest details visit clubmetro.com

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Morning shows heat up this week

THE WORD
Dorothy Robinson
scene@metronews.ca

The Today Show is responding to the missile that ABC hurled last week — the announcement that anchorwoman Katie Couric is guest hosting Good Morning America — with a nuclear warhead of their own: The NBC morning show announced over the weekend that Tuesday's guest host will be none other than Sarah Palin (yes, that Sarah Palin. We thought it was an April Fools' joke, too).

To make things even more interesting, Oprah is stopping by CBS Morning News on Monday to see her BFF, host Gayle King.

According to a CBS press release, Oprah's coming to "discuss everything from the latest developments at OWN, her Leadership Academy, and life after her daytime talk show."

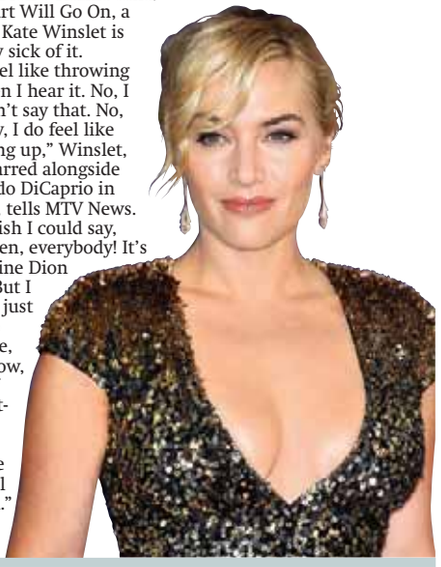
Katie Couric, Sarah Palin, Oprah: It's as though this week's morning news ratings war was created just to give the rival networks' late-night talk show hosts something to joke about.

Winslet wants to barf

While many still consider Celine Dion's Titanic tune, My Heart Will Go On, a classic, Kate Winslet is literally sick of it.

"I feel like throwing up when I hear it. No, I shouldn't say that. No, actually, I do feel like throwing up," Winslet, who starred alongside Leonardo DiCaprio in Titanic, tells MTV News.

"I wish I could say, 'Oh listen, everybody! It's the Celine Dion song!' But I don't. I just have to sit there, you know, kind of straight-faced with a massive internal eye roll."



Gaga's tame birthday night

Lady Gaga had a not-so-wild celebration for her 26th birthday, treating her friends to some time at the gym before grabbing dinner with her parents, according to Us Weekly.

"Her friends filled the studio, and they had a blast," a source says of Gaga's visit to SoulCycle, an L.A. spin class studio.

"She requested (Bruce Springsteen's) Thunder Road because it's one of her favourite songs. And as for the location of the celebratory dinner: home.

"It was just a small thing with her family," says the source.

"Her mother cooked."

Lady Gaga

Charlie Sheen ALL PHOTOS GETTY IMAGES

Charlie Sheen: Oh, what a year

It's hard to believe, but it's been a full year since Charlie Sheen's very public meltdown and the words "tiger blood" were launched into the public lexicon. Now Sheen is embarking on something of an apology tour.

"I didn't recognize parts of who that guy was. I just wish it was somebody else's body. You say it's been a year — it's either been a day, or a hundred years," Sheen told Matt Lauer during an interview on the Today show last week.

"I guess the plan was to reintroduce myself to America and to the media and say, 'Sorry about that, but here's what's happening now.'"

Clearly, that didn't go as planned. Now Sheen is busy promoting a new TV show, FX's Anger Management.

"I couldn't have the Two and a Half Men thing be my television legacy," Sheen says.

"I couldn't have that end on that note."

Lohan celebrates freedom via partying

Despite advice from a judge that she should probably stop partying, Lindsay Lohan celebrated the end of her formal probation by throwing a little get-together at the Chateau Marmont, according to Radar Online.

"Lindsay's guests ate paella and watched Elizabeth Taylor's Who's Afraid Of Virginia Woolf? Lindsay was in an extremely good mood and grateful to be off of formal probation," a source says. "The party went until around 2 a.m. Alcohol was being served in moderation, but Lindsay wasn't seen drinking. It's just rather strange that Lindsay chose to have the party at the hotel, especially after what the judge said to her in court."

BIGGER. BETTER. BOLDER. BACK!
STREET DANCE 2
IN THEATRES APRIL 13TH
YOU COULD WIN A PASS FOR TWO TO A SPECIAL ADVANCE SCREENING OF STREET DANCE 2 IN 3D
To register and for full contest details visit clubmetro.com
VISIT clubmetro.com TO ENTER

YOU COULD WIN A DOUBLE PASS TO AN ADVANCED SCREENING OF CHIMPANZEE
PLUS you could WIN a GRAND PRIZE of a private screening of CHIMPANZEE and a DISNEYNATURE blu-ray library.
chimpanzee
IN THEATRES APRIL 20TH
DISNEYNATURE will donate portion of first week box office for CHIMPANZEE to the Jane Goodall Institute Canada through "SEE 'CHIMPANZEE,' SAVE CHIMPANZEES" program.
the Jane Goodall Institute of Canada
To register and for full contest details visit clubmetro.com
VISIT clubmetro.com TO ENTER

3 LIFE

Tax Breaks

Fitness and Art

Gymnastics, art, music, hockey, ballet. Did you know that some of your children's extracurricular activities can actually result in tax breaks for you?

With the Children's Arts Tax Credit or the Children's Fitness Tax Credit, parents can claim up to $150 per child per year for eligible art and fitness expenses paid for children under 16.

The organizations you're handing your kids off to will be able to tell you if they are eligible for the credit, and they'll determine the part of the fee that qualifies for the tax credit.

Don't forget to request a receipt for tax purposes.

SARAH DEVEAU, YUMMYMUMMYCLUB.CA

Support

Autism Awareness

Today is the fifth annual World Autism Awareness Day. People and organizations worldwide are raising awareness about autism by participating in 'light it up blue.' Show your support and put on something blue.

For more, visit autismspeaks.org.

DELIA MACPHERSON, METRO

On the Web

P.E.I. school kids play Fathers of Confederation, win national contest.

Chores

Women re-do husband's chores

Hands up if you reload the dishwasher after your husband has done it. Well, you're not alone.

According to the Telegraph, most women deem it necessary to "do over" the chores their domestically-challenged spouses proudly tackle around the house. Nearly half of the women polled say they re-wipe countertops and a third of them remake beds. If you ask us if women want equality, they shouldn't be re-doing tasks that have been assigned to their husbands in the name of domestic bliss, even if they can't figure out how to properly hang the hand towels.

JULIE GREEN (A.K.A. MUMMY BUZZ), YUMMYMUMMYCLUB.CA

Polls show that most women do over their husband's chores. ISTOCK

App

Housework is fun with this app

What if you could turn household chores into a game? The HighScore House app turns mundane into fun by assigning points to chores.

Parents simply enter their children's daily chores and assign point values to each one. Kids can mark off all of their completed tasks and count up their points.

Once kids have enough points, they can redeem them for rewards — picking what they want for dinner (10 points) or staying up an extra 15 minutes (20 points). The rewards are defined by you.

The interface is fresh and funky, and definitely has a fun factor to it.

KRISTA SWANSON, YUMMYMUMMYCLUB.CA

Got baby-name remorse? You're not the only one

Names. Here are some ways of dealing with people's reactions to your child's name

CANDACE ALPER
yummymummyclub.ca

When choosing the perfect name, the resources are endless. Baby-name books and online baby-naming tools are plentiful (a search for baby name books at indigo.com yielded 478 choices, and at 995 amazon.com).

Then there is the desire to be different. Babies are also being given names that might have come from browsing a dictionary or map.

With choice can also come challenges. Some things we hear parents say are:

"I love the name I chose and so did the parents of the five other Sophies or Sophias in my daughter's class."

"My son's name is always mispronounced. So frustrating. I like the way it sounds when we say it."

"In an effort to give our son a traditional name with a twist, we changed the spelling and added a (silent) H. I'm tired of spelling it for people and I think he will be too. This is the one time in my life that I'm wishing I had listened to my mother."

Got regret? Here are some things that you can do:

Use your child's middle name or initials.

Choose a nickname that fits. Miley Cyrus was born "Destiny Hope" and was always called "Smiley" because she smiled so much. She shortened it to Miley. Voila.

How about a variation on the name? Alexandra could be Allie or Lexie; Jacob could be Coby or Jay.

Go with it! Remember why you chose it in the first place. YUMMYMUMMYCLUB.CA IS AN ONLINE RESOURCE TO HELP BUSY WOMEN SURVIVE MOTHERHOOD

Pronunciation

It makes you cringe and scream inside when that lovely name is mispronounced. Learn how you and your child can deal with it.

- **Repeat it.** Use your child's name often so that the people around you hear it and catch on. "Maygan was up all night again," "Maygan will need a good nap today," etc.
- **Shorten it.** Be OK with a short form of the name that you know won't be mispronounced. For example, Alex can be a nickname for Alexandria or Alexandra.
- **Ignore it.** You saw it coming. You're ready for it. Help your child learn that his or her name might be said in different ways.

Giving your child a unique name can pose problems. ISTOCK

NOW HIRING!
startec GLOBAL COMMUNICATIONS

SERVICE OPERATIONS PROFESSIONAL - JOB # C0008

Department: US and Canada Service Operations
Location: Toronto, ON (near Yonge & Eglinton)
Start Date: ASAP

Responsibilities include new order entry/processing, follow-up on rejected orders for Canada & US sales, completing requests from Sales and Customer Service departments, including change requests, address verifications, PIC-care related work such as maintenance, provisioning and updating customers' accounts, troubleshooting, making follow-up calls and other duties as assigned.

Hours of work: 3pm-11pm (Mon-Fri), 9am-6pm (Weekends) shifts may be needed; typical shifts afternoons; OT work may be required. Must be available for training for 2 weeks before regular shift begins.

Required skills: a minimum of 1 year in a sales or customer service environment, experience in working over the phone, PC skills, a high level of accuracy, ability to work independently as well as with a team, excellent written & oral Spanish communication

Desired skills include a thorough knowledge of IV, an understanding of customer information databases, and the soft-skills needed to provide superior customer service. Knowledge of the company's Customer Management Systems would be an asset.

HOW TO APPLY: Email your resume and the position you are applying for and quote Job #C0008 to careers.toronto@startec.com

Are you or a loved one experiencing signs of a mental health issue?
Mental Health Helpline
1-866-531-2600
www.mentalhealthhelpline.ca
Ontario

Let the greens season begin with a tangy Greek Salad

This recipe serves four to six. THE CANADIAN PRESS

Ingredients

- Half an English cucumber
- 1 green bell pepper, cut into chunky bite-sized pieces
- 2 ripe tomatoes, cut into chunky bite-sized pieces
- Half a small red onion, thinly sliced and separated into rings
- 125 ml (1/2 cup) pitted and sliced kalamata olives
- 45 ml (3 tbsp) extra virgin Greek olive oil
- 10 ml (2 tsp) dried oregano leaves, crumbled
- Kosher or sea salt
- Freshly ground black pepper
- 15 ml (1 tbsp) red wine vinegar (approx)
- 125 g (4 oz) feta cheese, broken into small chunks
- Fresh crisp greens (optional)

There is no doubt that the best Greek Salad is made with seasonal, local vegetables, but this classic Mediterranean starter also brightens up appetites ready for spring weather.

It's best, of course, teamed with a fine Greek extra virgin olive oil, good firm kalamata olives and tangy imported Greek feta.

1. Slice cucumber in half lengthwise and scoop out seeds. Cut cucumber into bite-size pieces.

2. In a large bowl, combine cucumber, green pepper, tomatoes, red onion and olives. Sprinkle with olive oil, oregano and salt and pepper to taste.

3. Add a splash of vinegar if salad needs a touch of acidity; it all depends on the flavour of the tomatoes.

4. Fold in chunks of feta. Serve on a bed of fresh crisp greens, if desired.

ALL THE BEST RECIPES BY JANE RODMELL (ROBERT ROSE INC.)/THE CANADIAN PRESS/ADAPTED BY EMILY RICHARDS, PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND TV CELEBRITY CHEF. FOR MORE, PLEASE VISIT EMILYRICHARDSCOOKS.CA.

Healthy eating

Choose it and lose it

ROSE REISMAN
for more, visit rosereisman.com

Many Chinese restaurants are known for their plentiful dishes that won't break the bank. But be careful what you reach for.

Pork Chop Suey with Noodles

1,341 calories, 81 g fat
In many Chinese restaurants, the quality of pork used in this dish is of a lesser quality, usually with excess fat.

Equivalent

One serving of Pork Chop Suey with Noodles is your total daily calories and fat. It is equal in calories to 10 loaded chicken wraps from Popeyes.

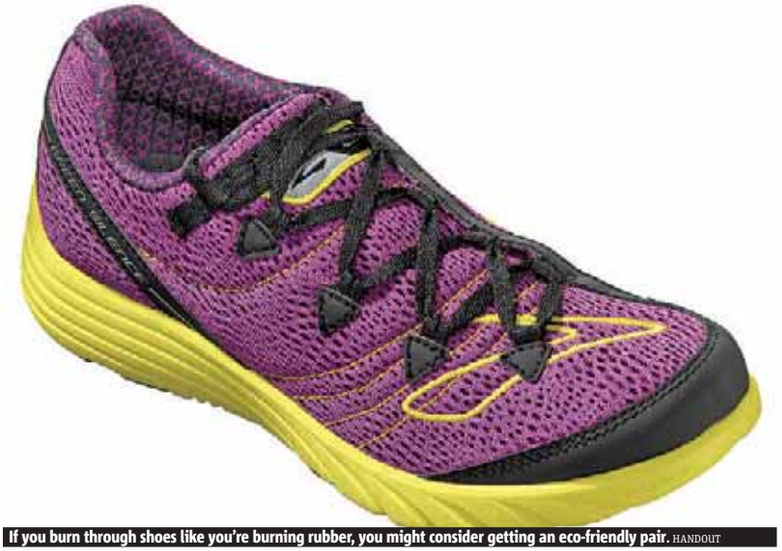
Chicken Chop Suey with Noodles

819 calories, 40 gm fat
Chances are boneless, skinless chicken breast is used in this dish, resulting in close to half the calories and fat.

Get your green run on

A simple change can speaks volumes. More and more companies creating eco-friendly running shoes

BEN KNIGHT
life@metronews.ca



If you burn through shoes like you're burning rubber, you might consider getting an eco-friendly pair. HANDOUT

Athletic shoes take a terrible pounding, from heat, cold, rain, snow — millions of hard, sharp impacts from the simple human acts of walking and running.

They need to be light, strong and incredibly durable. Is there any room for them to be eco-friendly, as well? Yes, says Jenine LaFayette, marketing manager for Brooks Canada. She's talking about a cutting-edge sneaker called Green Silence, which the company introduced in 2009.

"This shoe has a lot fewer parts. There's less material, so it can biodegrade faster," she explains. "The rubbers that are used are recycled. We also use bio-green adhesives and dyes. Our laces and reinforced webbing are all post-consumer recycled. We've looked at all the pieces of the shoe puzzle, and how we can make a difference in pulling the construction together."

The key breakthrough is a material called BioMoGo. It's a funny name, but there's a serious purpose.

"BioMoGo midsoles biodegrade 50 times faster than the traditional midsole," LaFayette says.

"It's a shoe that's built to lasLaFayette laughs at the suggestion that some runners' lockers might actually simulate conditions within a landfill.

"BioMoGo material has got a compound that makes it delicious to the bugs within the landfill environment. So unless you've got those types of enzymes at the bottom of your locker — which hopefully you don't — it won't react the same way."

Brooks is far from being the only major shoe manufacturer doing this. The Adidas line of Samba shoes features significant green components. Nike has even rebuilt and repositioned its popular Air Jordans to be environmentally friendly.

And the stakes are huge. Statistics Canada reports Canadians spent a staggering $1.6 billion on athletic footwear in 2010.

There ain't no mountain high enough to keep them from gliding toward glory

World Cup ski champion Thomas Grandi and Olympic silver medal winning cross country skier Sara Renner are raising their young family in Canmore, Alta. PROVIDED

Passion at its peak.

Two high-performance athletes provide hospitality in the hills

THE IN-CREDIBILITY FACTOR
Teresa Kruze
life@metronews.ca

Olympic medalist Sara Renner and World Cup champion Thomas Grandi may have retired from competitive skiing, but they didn't park their skis too far from the front door. Sliding into the business world, they bought Paintbox Lodge in Canmore, Alta., and are now raising their young family amidst the glorious Rocky Mountains.

Moving from high performance athletics to business isn't that much of a stretch. Most athletes do four-year business plans when getting ready for an Olympics and run their careers like a business. But Grandi admits there was one thing he had to learn.

"Patience. When you go out of the start gate any thing is possible and you could go from last to first. In business even though you have a happy customer they may not come back until next year."

But Grandi and Renner are still winning and business has doubled since last year.

"I'm hoping people will stay with us and take a walk along the river path." Sara says. "They will find their soul is quieted and they can be rejuvenated before going back to their busy lives."

That's top-of-the-podium advice from two high performance athletes turned business people.

Lesson learned

"Patience. When you go out of the start gate any thing is possible and you could go from last to first."

Thomas Grandi on what he has learned as a business owner.

Success

How to move mountains

- Setbacks are your best opportunity for future improvement.
- Get the most from your team and offer incentives that benefit everyone — like profit sharing.
- Have perspective in your working life and prioritize the things that mean a lot to you.
- Your business will have more chance of success if you are happy.
- If you are stumped, go for a run, walk, ski or do some yoga. Get the blood circulating to your brain and great thoughts will follow.
- The first person you have to convince that you can be a champion is yourself.

Discover a Richer, More Rewarding Future

Business & Law
Honours Business Administration
Office Administration
Supply Chain & Logistics
Accounting & Payroll Administration
Paralegal (LSUC Accredited)
Law Clerk
Police Foundations

Technology
Mobile & Desktop Support Technician
Video Game Design & Development
Web Design & Development
Network Engineer
Network Specialist

Healthcare
Physiotherapy Assistant
Physiotherapy/Occupational Therapy Assistant
Pharmacy Assistant
Early Childhood Assistant
Medical Office Assistant
Personal Support Worker
Community Services Worker
Addiction Worker

triOS COLLEGE
BUSINESS • TECHNOLOGY • HEALTHCARE

Looking for work?
Call YES 416 504-5516
ARE YOU 15–30 YEARS OLD?
OUT OF WORK? OUT OF SCHOOL?
FREE SERVICE
CONNECT WITH EMPLOYERS. GET WORKING!
Youth Employment Services YES 555 Richmond St. W. #711

CAREERS IN HEALTH CARE

* Financial Aid available to those who qualify
DIPLOMA PROGRAMS:
• Intra-Oral Dental Assistant Level 1&2
• Medical Lab Technician
• Office Administration Dental/Medical
• Clinical Research Associate
OPEN HOUSE:
MONDAY, APRIL 16, 2012 – 6PM TO 8PM
OXFORD College of Arts, Business and Technology
416-439-8668
www.oxfordedu.ca

metro
CANADA'S FIRST NEWS APP® IN NEWSSTAND
Now available for iPad, iPhone and iPod touch!

Generation inspiration

Share the wisdom.
Kids aim to learn from one another at TEDxKids event in Vancouver

Tales of early expeditions to Antarctica had a ship's audience completely engrossed before a call over the PA system compelled the lecturing explorer to suddenly stop.

The group pulled on jackets in a hurry, threw open doors and stepped from story world into reality, where pods of 30 killer whales surrounded their southbound boat.

Selin Jessa found her sea legs on the grand vessel's deck, and watched the big, beautiful creatures breach in and out of the ocean.

"In our world and in this life over here (in North America), we get caught up in the day-to-day and forget to be open to those sorts of experiences, and we miss them," Jessa said in recollection. As the moment sank in, she grew acutely aware of the significance of caring for the earth.

Selin Jessa, 16, is a part of a group called TedTalks and will soon be giving a talk about a trip that she took to Antarctica earlier this year.
JONATHAN HAYWARD/THE CANADIAN PRESS

"Sometimes it feels very hopeless when you want to try to make a difference," she said.

"But when you realize everything is interconnected ... it becomes easier to do your part."

Though spoken like a sage woman checking off her bucket-list, the 16-year-old from Coquitlam, B.C. believes her journey has only just set sail.

The Grade 11 student will share her insights during a 12-minute talk with 200 high school students and a global online audience at an upcoming Vancouver forum, which will bring several other engaging youth speakers to the stage.

The April 5 event, called TEDxKids@BC, is an authorized spin-off of the popular idea-sharing TED conferences that are held around the world, but independently organized. Its founder describes it as the biggest of its kind in Canada.

Goran Kimovski's goal is to transform young people into active participants in their own education. He hopes they'll be galvanized to change the world.

"The current education system doesn't really cater to the natural instincts that kids (have) for learning," said the father of two daughters, ages eight and three, who tailor-made the event to fill the void.

The B.C. parent is striving to be a mentor to his kids instead of solely an authority figure, and that prompted him to connect with other educators who theorize that children are filled with drive and learn best by doing.

"It's not so much about producing a conference in the traditional sense, it's about creating an experience," he said.

Youth volunteers are paired with adults who help them run the event at all levels, from selecting speakers to co-ordinating logistics to managing the website. A Grade 11 student will act as MC, while others will film the presentations and post them on tedxkidsbc.com in the following weeks.

THE CANADIAN PRESS

Background

TEDucation

The event's theme is moving inspiration into action, and will coincide with a TEDx event hosted by the Bill and Melinda Gates Foundation that will be held the same day in Berlin.

The Kids@BC forum had its premiere last October, and its youngest speaker was a 10-year-old girl who instructed her audience on how to transform any observation into a creative writing story.

NEED A RIDE?
Read metro drive every Wednesday.

OPEN HOUSE
TUESDAY APR 03
2340 DUNDAS ST. W., 2ND FLOOR
TORONTO, ONTARIO
RSVP
FOLEY AUDIO WORKSHOP
Come try your hand (and foot) at foley!! (human sound effects done to picture). Learn how audio engineers create sounds and effects to bring movies and TV shows to life! See if you have what it takes to start a career in this fun and exciting field!
@TrebasToronto Trebas Toronto
TREBAS
TREBAS.COM
(416) 966-3066

monster.ca
Who has time to stand in long lines waiting to speak to recruiters?
Skip the line. Go straight to the front!
Monster Virtual Career Fair, April 16th – 22nd
REGISTER NOW!
www.monstervirtualcareerfair.ca

LOOKING TO MAKE A CAREER CHANGE?
Read metro work every Monday & Wednesday.

www.TheNationalJobFair.com
20TH EDITION 10TH ANNIVERSARY
The National JOB FAIR & TRAINING EXPO TORONTO
An event presented in collaboration with major sponsors
EMPLOYMENT ONTARIO
Saskatchewan Real Growth. Real Opportunity.
OVER 160 EXHIBITORS TO HELP YOU FIND A JOB AND ADVANCE YOUR CAREER
Thousands of jobs, self-employment, training, education and entrepreneurship opportunities to grab, plus all career services.
Opportunities in the **Greater Toronto Area** and other regions in **Ontario**, **Saskatchewan**, **New Brunswick**, **Alberta** and other provinces, **Asia**, and more!
Attend our BIGGEST job & career fair in 10 years!
Canada's Largest and Most Comprehensive Recruitment Event
April 4 and 5, 2012
From 10 am to 7 pm
Metro Toronto Convention Centre
North Building Hall C
Admission $4.95
ASSOCIATE SPONSORS
PARTNERS

Homework not helpful?

Learning lethargy. Research finds being bogged down by the books not beneficial

CASSANDRA GARRISON
Metro World News in New York

Kids may now have a reason to contest after-school study time. ISTOCK

All that time you spent doing tedious homework assignments back in your school days was all for naught.

Turns out, if a recent study is to be believed, it probably didn't help you get any smarter.

It might have even set you back.

Researchers at Sydney University in Australia found that too much homework can often have the opposite effect on students than intended.

Instead of enhancing their intellect, they become bored and unhappy, leading to little academic advancement.

"What the research shows is that, in countries where they spend more time on homework, the achievement results are lower," Dr. Richard Walker, from Sydney University's Education Faculty, told The Telegraph.

The study found that 59 per cent of 10- and 11-year-olds do less than two hours of homework per week. About 22 per cent do three or four hours a week, and five per cent complete seven or more hours of homework per week.

"At the moment homework (is often) an add-on because parents want it," Walker added.

High school switch

Get back to work

- An exception to the study was high school students in grades 11 or 12, who proved to benefit from more than a few hours of homework each week.

Rotman School of Management
UNIVERSITY OF TORONTO

advance your career in Canada

Four-Month Program for Internationally Educated Professionals
Starts May 5, 2012

Topics covered include:

- Workplace Effectiveness
- Language Fluency
- Career Action Planning
- Developing and Managing Critical Relationships
- Post-Program Support
- Coaching

Classes will be held Tuesday & Thursday 6-9pm and all day Saturday at the Rotman School of Management, 105 St. George Street, Toronto.

Information session to be held tomorrow, Tuesday, April 3 at the Rotman School. To register call 416.978.7066.

For more info, or to apply online: **rotmanexecutive.com/businessedge**

Business Edge for Internationally Educated Professionals is offered to those who qualify and are admitted to the program. Meeting minimum qualifications does not guarantee admission. Seats are limited.

Funded by:
Ontario
Ontario receives support for some skills training programs from the Government of Canada

Initiative for Women Business Rotman

Get the Career YOU Want in 5-12 Months!
We Speak Your Language!
416 840 3364 • 416 969 8845

- Para su consulta gratis en español, por favor llame a Lidia ext 224
- مشاوره تخصصی فارسی زبان: " فیا " شماره تماس داخلی: 223
- 免费中文咨询—请电Jun分机228!
- Hindi, Punjabi aur Tamil mein salah ke liye, kripya extension 225 pe, Niyati ko phone karein
- Бесплатная консультация на русском языке & Consultație gratuită în limbă română: 416 646 5599 or 647 403 9661

Financial Assistance May Be Available To Those Who Qualify!
New: FREE English Courses for Our Students!

Health Care
- Personal Support Worker*
- Community Service Worker*
- Medical Office Assistant*
- Medical Receptionist
*with practicum

Law & Business
- Police Foundations (class starts in two weeks)
- Law Clerk with Practicum
- Legal Office Assistant
- Business Administration
- Conference & Event Planner

Accounting & IT
- Accounting & Payroll
- Web Designer
- Network Administration
- PC Support Specialist
- Computer Service Tech
- Canadian Security Course

Other Programs
- Marketing Coordinator
- Home Inspection
- Int'l Hospitality Management
- Sales Professional
- Over 40 Diploma Programs

Call to Try Our Classes For Free!
Free Second Career Information Session, call now to reserve a seat!

Academy of Learning Career and Business College
DOWNTOWN TORONTO (Bay/Bloor)
1255 Bay Street • Suite 900
Toronto, ON • M5R 2A9
www.aoltoronto.com

ROBETECH INSTITUTE
Training Healthcare Professionals
SINCE 1988

Become a Health Care Professional within a Year! (Full/Part Time)

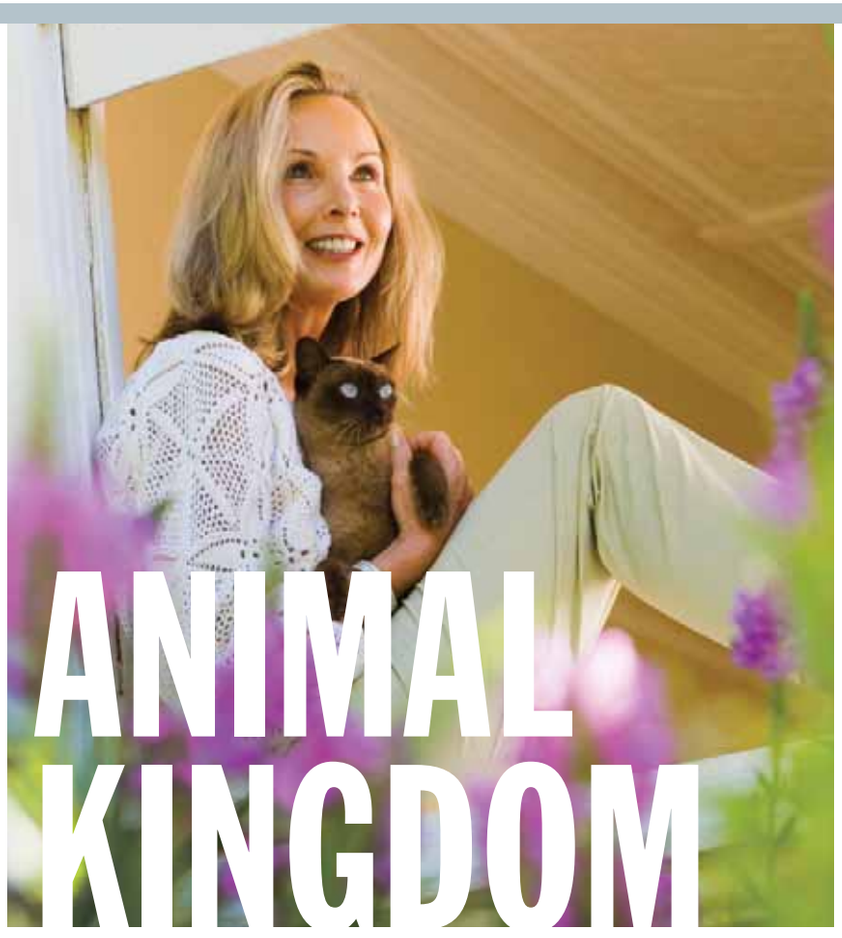
All Diploma Programs Have Practicum!

- Medical Laboratory Technician
- Personal Support Worker
- ECG/Phlebotomy Technician
- Physiotherapy/Occupational Therapy Assistant
- Fast Track Programs Available

Financial Assistance May Be Available to Those Who Qualify!
Are you Eligible for Second Career Funding? Call to Find Out!

416-365-7894
416-466-6107
study@robetech.com
www.robetech.com

Robotech Institute Inc. is a Registerd Private Career College under the PCC Act 2005



ANIMAL KINGDOM

DOGS AND CATS CAN BRING MORE TO YOUR LIFE THAN YOU MAY THINK

Can having a pet improve your health? Absolutely, says Dr. Jim Berry, Vice-President, Canadian Veterinary Medical Association and a veterinarian at Douglas Animal Hospital, Fredericton.

MORE EXERCISE

If you have a dog, you pretty much have to get them out there and walk. "Of course, that gets people moving themselves," says Berry. That's good for everyone, and for seniors particularly, it supports continued mobility.

A RICH SOCIAL LIFE

Having a dog is a great way of getting out into the community and making friends... because when you have a dog, people stop to chat. "Having a dog creates an instant social atmosphere."

FEEL GOOD

"Numerous studies have associated pets with stress reduction and even remission of psychiatric illnesses, particularly depression and anxiety disorders," says Dr. Irvin Wolkoff, a Toronto psychiatrist. "The key factor is the kind of uncritical affectionate closeness of pets towards their owners." Unlike relations with people, interactions with pets are uncomplicated, reliable and pleasing, says Wolkoff. "We respond with a reduction in stress. That helps us feel better, and it reduces our circulating levels of adrenalin and cortisol, the classic stress hormones." He says this change is associated with a reduced risk of coronary disease as well as a number of other conditions.

COMPANIONSHIP

A pet provides something to communicate with, and in this way, can stave off loneliness, says Wolkoff. "Plus, animals aren't needy and they don't care if you've had a bad day — they still respond to you."

FAMILY TIES

More than 50 per cent of pet owners consider their pets their kids... and it's not just what they call them but what they consider them, says Berry. "They really are part of the family and the expectation goes that they'll be treated as a family member. I think this attitude has elevated the humane treatment of animals in society." At the end of the day, "all this only works if you like animals," says Wolkoff. "If you don't, pets will increase your stress."

–By Ylva Van Buuren

WANT TO GET A PET?

The Canadian Veterinary Medical Association reminds everyone that it's important to choose a pet that is appropriate for your lifestyle, life situation and pocketbook (all pets are an ongoing expense). Here's a quick guide.

PUPPY OR KITTEN Requires training and constant attention.

DOG Most need a walk twice a day.

CAT More independent and much less demanding than a dog.

BIRD Requires daily commitment.

FISH Easy care,but needs regular cleaning and specific care.

EXOTIC (rabbit, guinea pig, snake): Specific care requirements are important.

MOST POPULAR DOG BREEDS
Labs, Golden Retrievers, Yorkies and German Shepherds.

MOST POPULAR CAT BREEDS
Persian and Siamese.

HEALTHY CAT

SHARING YOUR HOME WITH A CAT MAKES LIFE PURR-FECT!

And, of course, you want to help your feline friend stay healthy and happy. Here's how.

VISIT THE VET

Regular visits to the vet are a must for checkups and cat care. Discuss annual shots and protection from fleas and other parasites as well as dental health. Your vet can make dietary recommendations too.

FEED HER PREMIUM CAT FOOD

Cats need a healthy diet, and it's important that their nutritional needs are met with food that is especially designed for cats. At the same time, kittens and cats have different requirements depending on their age and health status. Be sure fresh water is always available.

PROTECT YOUR CAT

Many owners make the decision to keep their cats indoors, and they provide an enclosed area outside where their cat can roam safely, enjoy the sun, and watch the birds. It's also important to cat-proof your home and to make the cat litter box easily accessible.

KEEP HER BUSY

Your cat needs to be active some of the time. Remember, cats can sleep for 18 hours out of 24 – and that makes them susceptible to weight gain as time goes by. Keep your cat entertained with toys that bring out his hunting and stalking instincts. Playtime with you is good bonding time too.

BE OBSERVANT

As all cat owners know, these feline creatures can be pretty independent. So it's important to be aware of any changes in appearance, eating habits, personal care habits and disposition. This is especially important as your cat gets older (about eight) when age-related illnesses often develop.

LOVE YOUR CAT

There's nothing like a little R&R with your cat purring in your lap!

SERVING UP A HEALTHY & DELICIOUS DIET

Ask your veterinarian about the IAMS range of premium canned and dry food for all the different stages of a cat's life – from the time they are kittens, through their adult and senior years, and for special dietary needs too. IAMS foods provide natural ingredients:

- Chicken, lamb and fish protein to promote healthy muscles.
- Vitamins, minerals and other nutrients for healthy heart and eyes.
- Natural source of fibre from beet pulp for healthy digestion.

Keep cats playing strong with new Iams® Senior Plus.
NEW
IAMS
Kitten
0 – 1
Adult
1 – 6
Mature Adult
7 – 10
Senior Plus
11+
Iams Senior Plus for cats 11 and older. With 2x the antioxidants,* it helps restore the immune response to that of an adult cat. And it helps fight signs of aging.
*vs Iams Original or Iams Adult.
© 2012 P&G

TIPS TO PREVENT YOUR PET'S MESS

DO YOU LOVE YOUR PET, BUT HATE THE MESS?

For dog owners especially, cleaning up after their furry friends is a daily battle.

Dogs are more than happy to track mud and grass from the backyard to your floor or leave fur and dander to collect on your carpet and furniture. What's a loving pet owner to do? Dogs will be dogs, but there are ways to prevent some messes and clean up others more easily. Take a look at a few helpful tips for you and your pet:

• Place rubber or plastic mats in areas that messes are likely to occur, such as under food and water dishes.

• Keep a "pet cleaning kit" with paper towels, hand-held vacuum, old bath towels and cleaning solutions in a bucket where you can get to them quickly. The faster you get on a pet mess, the easier it is to clean, and the less likely it will be to leave a permanent stain.

• Pet hair and dander can trigger allergies for some people and are difficult to remove from carpet. A regular grooming schedule can help eliminate shedding hairs before they end up in the home. It also keeps pets clean, happy and comfortable.

• Installing a faucet in a mudroom or garage allows homeowners to clean off their pets before bringing them into the house. Take a look at a few ideas at deltafaucet.ca. Try using a pull-down kitchen faucet with a laundry tub to make bathing smaller pets — as well as the clean-up afterwards — a breeze.

• While training pets to keep off of furniture may be difficult, consistency is key. If pets are part of the family, they also have to learn to live comfortably with everyone else.

– News Canada

FIVE TIPS FOR A TRULY PET-FRIENDLY HOTEL STAY

Let's face it, the last thing you want to do when heading out on the road is leave the furry family members behind. With 150 locations in Canada, Comfort Inn hotels say they are no strangers to guests travelling with pets and offer the following tips to make your next stay at a pet-friendly hotel, truly pet-friendly:

1. CALL AHEAD to double check pet-policies and ask if a kennel is required to avoid any unpleasant surprises upon arrival.

2. PACK YOUR PET'S BED along with their favourite blanket or toy to help them feel at home in the unfamiliar space.

3. ASK ABOUT A PET NOTIFICATION DOOR HANGER at the front desk, or bring your own to be sure hotel staff and other guests are aware a four-legged guest is staying in your room.

4. KNOW YOUR PET'S WEIGHT
Some hotels have weight restrictions and you may be asked to provide this information at check-in.

5. IF YOU HAVE TO LEAVE YOUR PET ALONE in your room, turn on the radio or TV before leaving; the background noise and voices will be soothing.

If your pet suffers from separation anxiety, don't leave them alone. Noise complaints and damage fees could ruin an otherwise perfect vacation.

– News Canada

ALL ABOUT PETS SHOW HAS SOMETHING FOR EVERYONE

DOGS FROM RESCUE ORGANIZATIONS WILL MODEL

While this year's All About Pets show promises plenty of entertainment, there's also plenty of learning to be done for visitors to the All About Pets Show.

"At the show you'll get to speak to experts in just about every capacity relating to animals including veterinarians, chiropractors, nutritionists, wellness experts, groomers, professional trainers and many more," says Liz Shaughnessy, spokesperson for All About Pets, which is held at International Centre, Mississauga April 6-8.

Shaughnessy also adds there'll also be a number of animal rescue organizations at the show such as Tears, the exotic animal rescue society, 2nd Time Around Spaniel Rescue and Canadian Golden Retriever Adoption. In part, they're educating consumers on how to pick the right pet for them. "Because while that animal you're looking at is really cute wagging his tail, he might not be right for your lifestyle," notes Shaughnessy.

The dogs from the various rescue organizations will also model a variety of new gear at the DoggieQ Fashion Show including sun block clothing for animals, disposable latex boots, foldable raingear and LED-light-based collars. "Interestingly, a lot of the dogs from the rescue organizations who model in the show go on afterwards to be adopted," says Shaughnessy.

The All About Pets show promises to house some 150 exhibitors and will also include a "Kids Play and Learn Zone". Along with educating children about animals and pets, the zone will be the home to lots of fun too with a Tumblebus for children to bounce around in, face painters and handlers introducing children to animals such as cats, dogs, reptiles, bunnies, birds, Exotic Animals and more.

"At the end of the day, visitors to this show are going to come away more educated about animals and pets," notes Shaughnessy. "And that will make them more comfortable with their animals."

THREE THINGS NOT TO MISS AT THE SHOW

1. DOGGIE Q FASHION SHOW
Canadian designer Ginger Langdon dresses these pups up in her eye-catching designs.

2. PET VALU DEMONSTRATION RING
Watch these cottage dogs show off some of their more unique tricks.

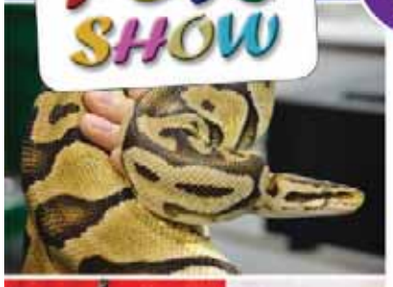
3. ROYAL CANIN CHAMPIONSHIP AND HOUSEHOLD PET CAT SHOW
A three-day juried cat show featuring more than 150 contestants.

www.facebook.com/allaboutpetsshow

ALL ABOUT PETS SHOW

EASTER WEEKEND FAMILY FUN

ALL ABOUT PETS SHOW
APRIL 6-8, 2012
INTERNATIONAL CENTRE • MISSISSAUGA



FEATURE ATTRACTIONS
- **Royal Canin World of Dogs, Championship Cat Show** and **Parade of Breeds**
- **Pet Valu Dog Demonstration Ring** featuring K9 Performers, Cottage Dog Ruff'N-It Sport and more
- **DoggieQ Fashion Show, World of Birds, Exotic Animals...**
- **Ask-the-Experts:** trainers, vets, grooming and wellness professionals
- **Kids' Play & Learn Zone** featuring "Tumblebus"

Over 150 SPECIALTY PET EXHIBITORS with great show specials!

ROYAL CANIN
petvalu your pet • your store
CottageDog

ONLINE TICKETS SAVE $2 NOW

ADMISSION
Adults: $14
Seniors (60+) Youth (6-17): $10
Kids under 5: Free
Family Pass (2 Adults & 2 Youths): $40
Youth free Sunday only 10-1pm
*$2 off adult admission

SHOW HOURS
Fri/Sat: 10am-6pm
Sun: 10am-5pm
FREE PET COUPON BOOK TO FIRST 1,000 VISITORS EACH DAY
FREE PARKING!

REGRETTABLY, VISITORS ARE NOT PERMITTED TO BRING THEIR PETS TO THE SHOW

www.allaboutpetsshow.com
1.877.340.7387

TIME TO BRUSH FIDO AND MISS KITTY'S TEETH

"IF YOU WANT YOUR PET TO LIVE LONGER, YOU HAVE TO TAKE CARE OF ITS TEETH,"

says Dr. Loic Lengendre, West Coast Veterinary Dental Services, Vancouver. Their breath will smell sweeter too!

Healthy teeth and gums are part of an animal's well-being , says Dr. Troye McPherson, a spokesperson for Canadian Veterinary Medical Association and a veterinarian at the Full Circle Veterinary Alternatives clinic in Dartmouth, N.S. "It's important for them to have a comfortable-feeling mouth and to be able to chew food properly and swallow it. Also, dental disease can impact the heart, kidney, liver, lungs and bladder."

Just like in people, plaque can form under the gums, calcify to form tartar and cause inflamed gums (gingivitis). When periodontal disease develops, bacteria can easily enter the bloodstream and cause infection in the major organs in the body.

"If we see mild plaque during an examination, we recommend home care," says McPherson. If there are more serious problems, a professional dental cleaning will be recommended.

But regular home care is something that cat and dog owners should do from the time their pets first come home. "Use your finger and let the puppy or kitten get used to having it in its mouth," says McPherson. Then, progress to a cloth and a toothbrush.

"Daily brushing helps remove 60 to 65 percent plaque, and that's what we want to make a difference on periodontal disease," says Lengendre.

Certain chew toys as well as dental diet kibble can help too. The food is structured so it cleans the surface of the tooth. "There's usually an enzyme in the kibble that inhibits plaque from forming on the teeth," says McPherson. There are also products you add to water that help prevent and reduce plaque from sticking to teeth.

Talk to your vet about your pet's dental health.

–By Ylva Van Buuren

HOW TO BRUSH YOUR PET'S TEETH

Hold a pet toothbrush covered in pet toothpaste in one hand and with the other, hold the pet's mouth closed. Gently brush the outside of teeth in an up-and-down motion. Don't worry about the inside surfaces of teeth as little plaque builds there.

BY THE NUMBERS A dog has 42 permanent teeth while a cat has 28.

NEW!
What you see is what your dog gets.
Introducing Milk-Bone® Healthy Favourites™
with wholesome ingredients like real chicken, flaxseed,
chunks of sweet potato and more.
MILK BONE
Also available in beef flavour.
TREAT YOUR DOG RIGHT
WWW.MILKBONE-CANADA.COM

HEALTHY DOG

YOU LOVE YOUR DOG AND ONLY WANT THE BEST FOR HIM

Here's how to keep him happy and healthy.

VISIT THE VET

High-quality veterinary care is the key to your dog's overall health. Talk to your vet about recommended vaccines, protection from fleas and other parasites and any dietary concerns you have.

ONLY THE BEST FOOD

A healthy diet provides the nutrients and energy that your dog needs at every stage of life beginning with the high energy puppy months through to the less active senior years. What you feed your dog affects appearance (a dog's coat should always be shiny and free of flakes; and he should be a healthy weight) and disposition (he should have good energy and be content). Be sure fresh water is always available.

KEEP HIM ACTIVE

Just like people, dogs need regular exercise – in general, at least one to two hours every day. An under-exercised dog may start exhibiting unwanted behaviour such as chewing on furniture and carpets and separation anxiety.

TAKE CARE OF HIS TEETH

For healthy teeth, gums and breath, you can brush your dog's teeth, use oral rinses and feed them tartar-fighting dental treats. Your vet may recommend professional cleaning periodically too.

KEEP HIM GROOMED

Grooming needs are based on your dog's breed but in general an average short-haired dog should have a monthly nail trim, bath and brushing. Long-haired dogs should be brushed out daily.

LOVE

Dogs are like people really – they need food, water and love.

SERVING UP A HEALTHY & DELICIOUS DIET

IAMS produces several types of canned and dry dog food for all life stages of a pet's life – from puppyhood to their senior years (for example, as a dog gets older, he may need food that is easier to chew). For good health, IAMS uses natural ingredients including:

- High-quality protein from chicken or lamb for strong muscles
- Tailored Fiber blend including prebiotics and beet pulp for healthy digestion.
- Omega-fatty acids for healthy skin and coat.
- Enriched with antioxidants to help maintain a strong immune system.

Keep dogs playing strong with new Iams® Senior Plus.
NEW
IAMS
1-12
PROACTIVE HEALTH
Smart Puppy
1-6
MiniChunks
7-10
11+
Senior Plus
Puppy 0 – 1
Adult 1 – 6
Mature Adult 7 – 10
Senior Plus 11+
Iams Senior Plus for dogs 11 and older. With 2x the antioxidants,* it helps restore the immune response to that of a healthy adult dog and helps fight signs of aging.
*vs. Iams Original or Iams Adult.

Golf

Hunter captures Houston Open

Hunter Mahan on Sunday.
MATT SULLIVAN/GETTY IMAGES

Hunter Mahan shot a 1-under 71 on Sunday to win the Houston Open, edging Carl Pettersson by one stroke.

Mahan, who won the Match Play Championship in February, is the first two-time champion on the PGA Tour this year. The victory moved Mahan up to No. 4 in the world rankings, the first time he's ever been the highest-ranked American.

"That's a pretty surreal thing to think about," Mahan said. "It shows me what I can do, shows me what I'm capable of."

THE ASSOCIATED PRESS

NASCAR

Newman gets win in wild finish

Ryan Newman needed help and was running out of time. Finally, Clint Bowyer provided an opening with two laps to go at Martinsville Speedway in Virginia.

Bowyer's aggressive move took out race leaders Jeff Gordon and Jimmie Johnson entering the first turn, allowing Newman to slide into the lead, and he held off A.J. Allmendinger and Dale Earnhardt Jr. on another restart for his first win in 23 races.

THE ASSOCIATED PRESS

Raptors' slip-ups not so costly vs. Wizards

NBA. Coach Casey laments lack of focus after slow start on defensive end

Raptors guard DeMar DeRozan drives between Wizards guards John Wall and Roger Mason Jr. in Toronto on Sunday.
FRANK GUNN/THE CANADIAN PRESS

This is not really a time for the Raptors to measure themselves against the night's competition, it's a time to take stock of where they are as a team, how far they've come and how much further they have to go, regardless of who they play.

So there wasn't a lot of joy, nor any real sense of satisfaction after they beat the woeful Washington Wizards 99-92 at the Air Canada Centre on Sunday because as many troubling signs are being shown as there are good ones.

"Another below-average defensive game for us," said coach Dwane Casey, who will take the win but not the manner in which it was achieved.

"That's going to be our challenge as a staff, to keep in tune defensively the rest of the way and not lose the foundation we have," he said after a late flurry from DeMar DeRozan and Andrea Bargnani and a couple of sneaky big plays from Amir Johnson put away the game.

"We got it back the second half but we can't mess with the game like that. We've got to make sure we stay with our focus and have that type of pride every time we walk on the floor, no matter who it is."

As a whole, the Raptors were brutal defensively in the first half and Bargnani was among the most egregious offenders. He was slow to rotate, if he rotated at all, and didn't play with nearly the intensity Casey wants, or he needs to have.

But it wasn't as if the rest of the team was in some lockdown mode; all the rotations were slow, ball pressure was non-existent, perimeter shooters got too much room and only the ineptitude of the Wizards kept Toronto in the game.

"The trust has eroded a little bit, we have to get that back," said Casey. "Just the timing and recognitions of situations is just totally off.

"(It's) totally different from two weeks ago; we have to get those things back, continue to harp on them, get on them because we can't lose our foundation."

Luckily, although the 12-40 Wizards played worse than Toronto over the course of the game, the Raptors woke up enough in the second half to survive a 31-point Washington fourth quarter.

DeRozan shot all nine of his free throws and had 13 of his 15 points in the second half while Bargnani led the Raptors with 18 points and Jose Calderon had 15.

TORSTAR NEWS SERVICE

Sunday's game

Raptors	Wizards
99	92

Curling. Glenn Howard off to a perfect start at world championship

Canada's Glenn Howard scored early and often in a 9-2 blowout win over Germany's John Jahr at the world men's curling championship.

The veteran Ontario skip needed only six ends to complete the victory Sunday morning at the St. Jakobshalle. Howard improved to 3-0 later with an 8-7 win over Heath McCormick of the United States.

Howard hit a draw to the four-foot in the 10th end to win it.

"You just divorce yourself from the outcome, just throw a quality curling shot and good things will happen," Howard said. "I was pleased. We played really well that game."

Howard said he and teammates Wayne Middaugh, Brent Laing and Craig Savill are feeling good after the opening weekend. THE CANADIAN PRESS

Tournament schedule

- Round-robin play continues through Thursday night and playoff games are scheduled for next weekend.

MLB

Morrow solid in Jays' loss to Pirates

Nate McLouth and Matt Hague homered and the Pittsburgh Pirates beat the Toronto Blue Jays 3-1 in a spring training game on Sunday.

Michael McKenry singled before McLouth homered off Drew Carpenter with two outs in the eighth inning and sent it over the left field wall for a 2-1 lead.

Toronto's Brandon Morrow allowed two hits in four innings and struck out four. Edwin Encarnacion hit an RBI single in the fourth to score Kelly Johnson for the Jays. THE ASSOCIATED PRESS

ATP tennis. Djokovic dominates Murray as he picks up another title

Top-ranked Novak Djokovic won his third Sony Ericsson Open title Sunday, holding every service game to beat Andy Murray 6-1, 7-6 (5) in Key Biscayne, Fla.

Djokovic also won in 2007 and last year. Only six-time champion Andre Agassi won more men's titles.

Djokovic didn't lose a set in six rounds, and saved 25 of 30 break points against him.

He improved to 20-2 this year and 90-8 since the start of 2011. He has won five Grand Slam titles, including the past three in a row.

Novak Djokovic celebrates on Sunday.
MATTHEW STOCKMAN/GETTY IMAGES

Now begins the clay season culminating with the French Open, the only major event Djokovic has yet to win.

THE ASSOCIATED PRESS

4 SPORTS

Quoted

"Of course if I keep skating well and keep getting the same results that I had this season, I'm going to go into the Olympics with the same expectations, like I should live up to (the expectation of) winning the Olympics.... Now I have a little taste of it and know how to deal with it."

Canada's Patrick Chan after winning gold on Saturday at the world figure skating championships in Nice, France. The fact the 21-year-old triumphed over competition he called the most difficult of his career is both a major victory and a huge lesson learned, he said, less than two years out from the 2014 Sochi Olympics.

On the web

The Canadian women's hockey team is looking to reclaim gold-medal glory in Vermont this week at the world hockey championship after a heartbreaking overtime loss to the U.S. in last year's final in Zurich. The roster, named Sunday, includes 13 players from the 2010 Olympic team that defeated the Americans 2-0 for gold in Vancouver. Scan the code for the story.

NATIONAL HOCKEY LEAGUE

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
dx-NY Rangers	79	50	22	2	5	218	175	107	27-11-0-2	23-11-2-3	6-4-0-0	L1
dx-Boston	79	47	28	1	3	259	193	98	23-13-1-2	24-15-0-1	7-2-0-1	W2
d-Florida	79	37	25	6	11	193	217	91	20-9-1-9	17-16-5-2	4-2-1-3	L3
x-Pittsburgh	79	48	25	3	3	268	214	102	27-10-2-0	21-15-1-3	5-4-1-0	L1
x-Philadelphia	79	46	24	2	7	257	222	101	21-12-1-5	25-12-1-2	6-2-0-2	W1
x-New Jersey	79	45	28	2	4	219	205	96	22-13-0-4	23-15-2-0	5-4-0-1	W3
x-Ottawa	79	41	28	6	4	245	231	92	20-15-2-2	21-13-4-2	5-3-0-2	W4
Washington	79	40	31	4	4	212	223	88	25-11-2-2	15-20-2-2	5-3-1-1	W2
Buffalo	79	38	31	4	6	208	219	86	20-12-3-5	18-19-1-1	6-2-0-2	L2
Winnipeg	79	36	34	5	4	213	233	81	23-13-1-3	13-21-4-1	4-5-1-0	L1
Tampa Bay	78	36	35	4	3	223	268	79	24-14-1-1	12-21-3-2	5-5-0-0	W1
Carolina	79	31	32	10	6	208	237	78	19-14-2-5	12-18-8-1	5-5-0-0	L2
Toronto	79	34	36	4	5	222	252	77	17-16-3-4	17-20-1-1	4-5-0-1	W1
NY Islanders	79	33	35	7	4	194	241	77	16-18-5-1	17-17-3-2	6-3-0-1	L2
Montreal	79	29	35	4	11	202	221	73	14-15-2-8	15-20-2-3	2-3-3-2	L4

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
y-Vancouver	79	49	21	2	7	239	191	107	25-10-0-4	24-11-3-2	7-2-1-0	W6
dx-St. Louis	79	48	21	1	9	204	156	106	30-5-1-3	18-16-0-6	4-3-0-3	L2
d-Los Angeles	79	39	27	5	8	185	170	91	21-14-0-4	18-13-5-4	8-2-0-0	L1
x-Detroit	79	47	27	3	2	242	196	99	31-6-1-1	16-21-2-1	3-5-2-0	W1
x-Nashville	79	45	26	3	5	227	208	98	24-10-2-3	21-16-1-2	4-5-0-1	L1
x-Chicago	80	44	26	4	6	244	234	98	27-8-1-5	17-18-3-1	7-1-0-2	L1
Phoenix	79	39	27	3	10	206	202	91	21-13-2-4	18-14-1-6	5-2-0-3	W2
San Jose	79	40	29	5	5	214	201	90	25-12-2-1	15-17-3-4	6-4-0-0	W1
Dallas	79	42	32	1	4	207	212	89	22-14-0-3	20-18-1-1	4-6-0-0	L2
Colorado	80	41	33	4	2	205	209	88	22-15-1-1	19-18-3-1	5-3-1-1	W1
Calgary	80	35	29	7	9	194	222	86	21-12-1-5	14-17-6-4	2-3-3-2	L3
Minnesota	79	34	35	2	8	173	219	78	19-16-1-3	15-19-1-5	5-5-0-0	W3
Anaheim	78	33	34	5	6	194	217	77	21-17-2-0	12-17-3-6	4-5-1-0	L1
Edmonton	78	31	38	3	6	208	230	71	18-17-2-3	13-21-1-3	5-3-1-1	L2
Columbus	79	27	45	2	5	190	255	61	16-21-1-2	11-24-1-3	5-5-0-0	W3

x — clinched playoff berth; **d** — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Sunday's results
Ottawa 5 N.Y. Islanders 1
Minnesota 5 Chicago 4 (SO)
Philadelphia 6 Pittsburgh 4
Detroit 2 Florida 1 (SO)
Boston 2 N.Y. Rangers 1
Edmonton at Anaheim
Saturday's results
Toronto 4 Buffalo 3
Vancouver 3 Calgary 2 (OT)
Ottawa 4 Philadelphia 3 (SO)
Tampa Bay 3 Winnipeg 2 (OT)
Washington 3 Montreal 2 (SO)
Boston 6 N.Y. Islanders 3
New Jersey 5 Carolina 0
Chicago 5 Nashville 4
Columbus 5 St. Louis 2
Minnesota 4 Los Angeles 3 (SO)
Phoenix 4 Anaheim 0
San Jose 3 Dallas 0
Tonight's games
All times Eastern
Washington at Tampa Bay, 7 p.m.
Edmonton at Los Angeles, 10:30 p.m.
Tomorrow's games
Toronto at Buffalo, 7 p.m.
N.Y. Islanders at New Jersey, 7 p.m.
N.Y. Rangers at Philadelphia, 7 p.m.
Pittsburgh at Boston, 7:30 p.m.
Carolina at Ottawa, 7:30 p.m.
Winnipeg at Florida, 7:30 p.m.
Minnesota at Nashville, 8 p.m.
San Jose at Dallas, 8:30 p.m.
Anaheim at Vancouver, 10 p.m.
Columbus at Phoenix, 10 p.m.

SENATORS 5, ISLANDERS 1

First Period
1. N.Y. Islanders, Streit 7 (Tavares, Moulson) 7:55
2. Ottawa, Turris 11 (Michalek, Gonchar) 16:40
Penalties — Cowen Ott (illegal check to head minor) 2:10, Neil Ott, Haley NYI (fighting) 8:26, Michalek Ott (holding) 9:32.
Second Period
3. Ottawa, Gonchar 5 (Michalek, Turris) 3:09 (pp)
4. Ottawa, Michalek 35 (Turris, Butler) 6:00
5. Ottawa, Foligno 15 (Winchester, Greening) 13:21
Penalties — Tavares NYI (hooking) 1:50, Bailey NYI (slashing) 19:14.
Third Period
6. Ottawa, Turris 12 (Foligno, Karlsson) 7:00 (pp)
Penalties — Haley NYI (roughing) 5:13, Gonchar Ott (interference) 17:24.
Shots on goal

Ottawa	13	10	9	32
N.Y. Islanders	9	9	12	30

Goal — Ottawa: Anderson (W,33-20-6); N.Y. Islanders: Montoya (L,8-9-5). **Power plays (goals-chances)** — Ottawa: 2-3; NYI: 0-3.
Att. — 14,210 (16,234) at N.Y. Islanders.

SCORING LEADERS

	G	A	PT
Malkin, Pgh	48	54	102
Stamkos, TB	56	36	92
Giroux, Pha	27	59	86
Spezza, Ott	32	50	82
Kovalchuk, NJ	34	46	80
Neal, Pgh	38	41	79
Kessel, Tor	37	41	78
H.Sedin, Vcr	13	65	78
Tavares, NYI	31	46	77
Karlsson, Ott	19	58	77
Hossa, Chi	29	47	76
Ra.Whitney, Phx	24	51	75
Eberle, Edm	33	41	74

Yesterday's games not included

TENNIS

ATP-WTA

SONY ERICSSON OPEN
At Key Biscayne, Fla.
Yesterday's result
Men's Singles — Final
Novak Djokovic (1), Serbia, def. Andy Murray (4), Britain, 6-1, 7-6 (5).
Saturday's results
Women's Singles — Final
Agnieszka Radwanska (5), Poland, def. Maria Sharapova (2), Russia, 7-5, 6-4.
Men's Doubles — Final
Leander Paes, India, & Radek Stepanek (7), Czech Rep., def. Max Mirnyi, Belarus, & **Daniel Nestor (2), Toronto**, 3-6, 6-1, 10-8 tiebreak.

FIGURE SKATING

WORLD CHAMPIONSHIPS
At Nice, France
Saturday's results
MEN
1. Patrick Chan, Toronto, 176.70 points.
2. Yuzuru Hanyu, Japan, 173.99.
3. Daisuke Takahashi, Japan, 173.94.
Also
13. Kevin Reynolds, Coquitlam, B.C., 144.25.
Final Standings
1. Patrick Chan, Toronto, 266.11 points.
2. Daisuke Takahashi, Japan, 259.66.
3. Yuzuru Hanyu, Japan, 251.06.
WOMEN
1. Carolina Kostner, Italy, 128.94 points.
2. Akiko Suzuki, Japan, 121.30.
3. Ashley Wagner, United States, 120.35.
Also
16. Amelie Lacoste, Delson, Que., 138.60.
Final Standings
1. Carolina Kostner, Italy, 189.94.
2. Alena Leonova, Russia, 184.28.
3. Akiko Suzuki, Japan, 180.68.

CURLING

MEN'S WORLD CHAMPIONSHIP
At Basel, Switzerland
ROUND-ROBIN STANDINGS

Country (skip)	W	L
Canada (G.Howard)	**3**	**0**
Sweden (Edin)	3	0
China (Liu)	2	1
Denmark (Stjerne)	2	1
France (Dufour)	2	1
Scotland (Brewster)	2	1
Czech Rep. (J.Snitil)	1	2
Germany (Jahr)	1	2
New Zealand (de Boer)	1	2
Norway (Ulsrud)	1	2
Switzerland (Mueller)	0	3
U.S. (McCormick)	0	3

Yesterday's results
Third Draw
Canada 9 Germany 2
France 8 U.S. 6
Fourth Draw
Czech Republic 5 Switzerland 3
Denmark 9 Scotland 7
New Zealand 7 Norway 4
Sweden 7 China 6
Fifth Draw
Canada 8 U.S. 7
France 6 Germany 5
China 7 Switzerland 4
Sweden 8 Czech Republic 5

LACROSSE

NLL

EAST DIVISION

	GP	W	L	Pct.	GF	GA	GB
Philadelphia	12	7	5	.583	143	153	—
Toronto	12	6	6	.500	146	145	1
Rochester	12	5	7	.417	145	149	2
Buffalo	12	4	8	.333	142	161	3

WEST DIVISION

	GP	W	L	Pct.	GF	GA	GB
x-Colorado	13	10	3	.769	174	159	—
x-Calgary	13	10	3	.769	180	136	—
Minnesota	12	5	7	.417	144	149	4½
Edmonton	11	4	7	.364	117	123	5
Washington	13	4	9	.308	141	157	6

x — Clinched playoff berth.
WEEK 13
Saturday's results
Toronto 15 Buffalo 9
Calgary 13 Washington 11
Edmonton 9 Minnesota 8 (OT)
Colorado 16 Rochester 12
WEEK 14
Friday's games
All times Eastern
Minnesota at Philadelphia, 7 p.m.
Rochester at Calgary, 9 p.m.
Saturday, April 7
Edmonton at Toronto, 7 p.m.
Philadelphia at Buffalo, 7:30 p.m.

SOCCER

MLS

EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Kansas City	3	3	0	0	6	1	9
New York	4	2	2	0	10	7	6
Columbus	3	2	1	0	3	2	6
Houston	3	2	1	0	2	2	6
New England	4	2	2	0	4	5	6
Chicago	3	1	1	1	2	3	4
D.C. United	4	1	2	1	5	5	4
Philadelphia	4	0	3	1	2	6	1
Montreal	4	0	3	1	3	10	1
Toronto	3	0	3	0	1	7	0

WESTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Salt Lake	4	3	1	0	8	4	9
San Jose	4	3	1	0	5	1	9
Colorado	4	3	1	0	7	5	9
Vancouver	4	2	0	2	3	0	8
Seattle	3	2	1	0	5	2	6
Portland	4	1	2	1	6	6	4
Dallas	4	1	2	1	5	8	4
Los Angeles	3	1	2	0	5	7	3
Chivas USA	3	1	2	0	1	2	3

Note: Three points for a win, one for a tie.
Last night's results
Colorado 2 Chicago 0
Kansas City at Chivas USA
Saturday's results
Vancouver 0 Philadelphia 0
Columbus 1 Toronto 0
New York 5 Montreal 2
Salt Lake 3 Portland 2
San Jose 1 Seattle 0
New England 3 Los Angeles 1
Wednesday's game
All times Eastern
Montreal at Salt Lake, 9 p.m.
Thursday's game
New England at Dallas, 8:30 p.m.
Saturday, April 7
Toronto at Montreal, 12 p.m.
New York at Columbus, 3 p.m.
Los Angeles at Kansas City, 4 p.m.
Vancouver at San Jose, 7 p.m.
Seattle at D.C. United, 7:30 p.m.
Colorado at Real Salt Lake, 9 p.m.
Chivas USA at Portland, 10:30 p.m.

MLB

SPRING TRAINING

AMERICAN LEAGUE

	W	L	Pct
Toronto	**23**	**6**	**.793**
Oakland	14	5	.737
Detroit	19	7	.731
Seattle	14	8	.636
Los Angeles	17	11	.607
New York	16	11	.593
Minnesota	18	14	.563
Boston	14	11	.560
Kansas City	15	15	.500
Baltimore	11	13	.458
Chicago	13	17	.433
Texas	12	17	.414
Tampa Bay	9	16	.360
Cleveland	7	21	.250

NATIONAL LEAGUE

	W	L	Pct
St. Louis	16	9	.640
San Diego	19	15	.559
Colorado	16	13	.552
San Francisco	16	14	.533
Los Angeles	14	13	.519
Milwaukee	14	14	.500
Chicago	15	16	.484
Houston	14	16	.467
Miami	11	13	.458
Cincinnati	14	17	.452
Washington	12	15	.444
Arizona	13	17	.433
Philadelphia	12	16	.429
Atlanta	10	17	.370
Pittsburgh	9	18	.333
New York	7	19	.269

Note: Split-squad games count in the standings; games against non-MLB teams do not.
Yesterday's results
Pittsburgh 3 **Toronto 1**
Tampa Bay 8 Baltimore 5
Atlanta 7 Philadelphia 7
Washington 2 St. Louis 1
N.Y. Yankees 10 Miami 8
Detroit (ss) 9 N.Y. Mets 2
Boston 5 Minnesota 1
Detroit (ss) 4 Houston 2
Arizona 6 L.A. Dodgers 2
Texas 5 San Diego 3
Chicago Cubs 8 L.A. Angels 1
Chicago White Sox 13 Cincinnati 10
Milwaukee 7 San Francisco 4
Seattle 6 Kansas City 4
Cleveland 12 Colorado 10
Saturday's results
Toronto 8 Philadelphia 5
Texas 7 Cleveland 4
Minnesota 15 Pittsburgh (ss) 3
Miami 6 N.Y. Mets 5
St. Louis 6 Washington 2
Arizona (ss) 10 Kansas City 3
Colorado 3 Chicago White Sox 1
Tampa Bay 7 Boston 7
Milwaukee 10 San Diego (ss) 7
Chicago Cubs 3 L.A. Angels 3 (10 inn.)
Cincinnati 10 San Francisco 2
Seattle 6 San Diego (ss) 1
Pittsburgh (ss) 6 Baltimore 6
N.Y. Yankees 11 Houston 9
L.A. Dodgers 9 Arizona (ss) 3
Detroit 2 Atlanta 1 (7 inn.)
Today's games
All times Eastern
N.Y. Mets vs. Atlanta at Kissimmee, Fla., noon
Toronto vs. Detroit at Lakeland, Fla., 1:05 p.m.
Minn. vs. TB at Port Charlotte, Fla., 1:05 p.m.
Wash. vs. Bos. at Fort Myers, Fla., 1:35 p.m.
Cin. vs. Cleve. at Goodyear, Ariz., 3:05 p.m.
Milw. vs. CWS at Glendale, Ariz., 3:05 p.m.
Colorado vs. Seattle at Peoria, Ariz., 4:05 p.m.
Chi. Cubs vs. Ariz. at Scottsdale, Ariz., 4:10 pm
Pittsburgh at Philadelphia, 7:05 p.m.
N.Y. Yankees at Miami, 7:10 p.m.
LAD vs. L.A. Angels at Tempe, Ariz., 10:05 p.m.
Oakland at San Francisco, 10:35 p.m.

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
x-Chicago	42	12	.778	—
d-Miami	37	14	.725	3½
Orlando	32	21	.604	9½
d-Boston	30	22	.577	11
Indiana	31	21	.596	10
Atlanta	31	23	.574	11
Philadelphia	29	23	.558	12
New York	27	26	.509	14½
Milwaukee	24	28	.462	17
Detroit	19	33	.365	22
New Jersey	19	35	.352	23
Cleveland	17	33	.340	23
Toronto	18	35	.340	23½
Washington	12	40	.231	29
Charlotte	7	43	.140	33

WESTERN CONFERENCE

	W	L	Pct	GB
x-Oklahoma City	40	12	.769	—
d-San Antonio	36	14	.720	3
d-L.A. Lakers	32	20	.615	8
L.A. Clippers	31	21	.596	9
Dallas	30	23	.566	10½
Memphis	28	22	.560	11
Denver	29	24	.547	11½
Houston	28	25	.528	12½
Utah	27	26	.509	13½
Phoenix	25	26	.490	14½
Minnesota	25	28	.472	15½
Portland	24	28	.462	16
Golden State	20	30	.400	19
Sacramento	18	34	.346	22
New Orleans	13	39	.250	27

d-division leader
x-clinched playoff spot
Yesterday's results
Oklahoma City 92 Chicago 78
Boston 91 Miami 72
Toronto 99 Washington 92
Denver 104 Orlando 101
Indiana 104 Houston 102 (OT)
Minnesota at Portland
New Orleans at Phoenix
Golden State at L.A. Lakers
Saturday's results
L.A. Lakers 88 New Orleans 85
Detroit 110 Charlotte 107 (OT)
New York 91 Cleveland 75
Philadelphia 95 Atlanta 90
San Antonio 112 Indiana 103
Memphis 99 Milwaukee 95
New Jersey 111 Sacramento 99
L.A. Clippers 105 Utah 96
Tonight's games
All times Eastern
Milwaukee at Washington, 7 p.m.
Houston at Chicago, 8 p.m.
Memphis at Oklahoma City, 8 p.m.
L.A. Clippers at Dallas, 8:30 p.m.
Minnesota at Sacramento, 10 p.m.
Utah at Portland, 10 p.m.

BASKETBALL

NCAA MEN'S TOURNAMENT

FINAL FOUR
At New Orleans
SEMIFINALS
Saturday's results
Kentucky 69 Louisville 61
Kansas 64 Ohio State 62
CHAMPIONSHIP
Tonight's game
Kentucky vs. Kansas, 9 p.m., EST

LOOKING TO MAKE A CAREER CHANGE?
Read metro work every Monday & Wednesday.

Rematch for national glory

NCAA. Kentucky, Kansas championship game is familiar matchup for Wildcats' coach Calipari

Well, this matchup is going to look familiar.

John Calipari and his Kentucky juggernaut will face Kansas for the national championship on Monday night. That would be the same school that beat Memphis in overtime for the NCAA title in 2008, back when Calipari was coaching the Tigers.

It also would be the same Kansas team that the Wildcats beat back in November.

"We're worried about us playing at our best," Calipari said after Kentucky held off pesky Louisville 69-61 in the first semifinal Saturday. "We did not play at our best tonight. We played good, but that wasn't our best.... So maybe Monday is our best. We're just worried about us."

Top-seeded Kentucky (37-2) is back in the title game for the first time since 1998, when it won its seventh NCAA championship.

Down 13 in the first half, resilient Kansas (32-6) needed a furious comeback against Ohio State to reach the championship game, where it will play for its fourth NCAA title.

"It's a dream to play the best team in the country, who is up until now, hands down, the most consistent," Kansas coach Bill Self said. "It's a thrill. And I think it's even more of a thrill for us, because I don't think anybody thought we could get here."

That 2008 squad Calipari had in Memphis was stocked with talent, led by future NBA MVP Derrick Rose. But the Tigers missed four free throws down the stretch and blew a late nine-point lead in an overtime loss to Mario Chalmers and the Jayhawks.

These Wildcats, however, are in a totally different class. Anthony Davis has won just about every player of the year award there is, and Louisville coach Rick Pitino likened him to Bill Russell after Saturday night's game.

The 19-year-old doesn't look like a freshman, and he doesn't play like one, recording his 20th double-double against Louisville with 18 points and 14 rebounds. He missed just one of his eight shots, and also had five blocks and a steal.

"Anthony Davis is as fine a basketball player as there is," Pitino said.

Then there are the rest of the Wildcats.

They shot a blistering 57 per cent Saturday and had two other players besides Davis in double figures. Darius Miller scored 13 points and Doron Lamb added 10. Michael Kidd-Gilchrist had nine in just 23 minutes due to foul trouble.

Few people would have expected the Jayhawks to seriously contend for a championship as they scuffled through the early part of the season. They were 7-3 midway through December and struggling to find an identity, but a team meeting helped Kansas find its focus, and the Jayhawks simply refuse to lose. They've lost just two games since Feb. 7, and keep eking out wins in the NCAA tournament.

"It's pretty cool to have the winningest program of all time and the second-winningest program of all time hooking up on Monday night," Self said. THE ASSOCIATED PRESS

Celebrate with fire

Riot police used pepper spray in small amounts for crowd control as thousands of rowdy fans swarmed into the streets near the University of Kentucky campus, overturning cars and lighting couches ablaze after a victory over cross-state rival Louisville in a Final Four matchup.

- Lexington police spokeswoman Sherelle Roberts said 150 officers deployed on the streets at one point to quell what she called "a very dangerous situation with the fires and the violence" that dragged on for hours.

Anthony Davis of Kentucky celebrates the Wildcats' 69-61 win over Louisville on Saturday in New Orleans. RONALD MARTINEZ/GETTY IMAGES FILE

Travis Releford celebrates the Kansas Jayhawks' 64-62 win over the Ohio State Buckeyes on Saturday in New Orleans. JEFF GROSS/GETTY IMAGES FILE

Service Directory

To advertise contact Ian March at 416-443-4388

FINANCIAL

OVERWHELMED BY DEBT?
Call the Licensed Debt Professionals™
GET OUT OF DEBT!
- Avoid Bankruptcy
- 1 Low Monthly Payment
- No Interest Charges
- Stop Collection Calls
- Government Licensed Proposal Administrators

David Sklar, C.A., CIRP, Trustee
Get the Facts for FREE 310-9200
(NO AREA CODE NEEDED)
DAVID SKLAR & ASSOCIATES INC.
Licensed Credit Counsellors · Licensed Proposal Administrators · Trustee in Bankruptcy
HEAD OFFICE: 245 FAIRVIEW MALL DRIVE, SUITE 720, TORONTO, ON, M2J 4T1
NORTH YORK ▪ TORONTO ▪ PICKERING / AJAX ▪ MISSISSAUGA / ETOBICOKE ▪ BRAMPTON
For more information visit us online at www.DavidSklar.com

Amir Khan Mortgage Agent Mortgage Lic. # M11002798
Dir.416•432•4363
Torontonian786@yahoo.com
- 1st, 2nd, 3rd Mortgages
- Lenders for Both Good & Bad Credit
- First Time Buyers
- Assist in Real Estate
- Refinancing
- Debt Consolidation
- Self-Employed
- New Immigrants

EG4U Group Inc. Brokerage #10039
7885 Tranmere Dr. Unit #5, Mississauga, ON. L5S 1V8
We Make Mortgages Easy For You!

BE YOUR OWN BOSS
- Get your License Fast
- Real Estate 90 Days
- Mortgage License 15 Days
- CSC 60 days (Canadian Securities Course)

(416)871-4807

CREDIT PROBLEMS? Reduce Your Debts
Consolidate All Your Debts Into
ONE SMALL MONTHLY PAYMENT & PAY NO INTEREST
$SAVE$ MONEY
We beat any offer in Ontario
GUARANTEED!
We offer free credit checks
416-900-2324
www.empireonecredit.com
EMPIREONE CREDIT SOLUTIONS
Free One on One Consultation
SCARBOROUGH 250 Consumers Rd. Suite 810
OSHAWA 286 King St. W. Suite 303
NORTH YORK 1111 Finch Ave. W. Suite 207
MISSISSAUGA 165 Dundas Ave. W. Suite 307

LEGAL

HAS YOUR SHORT OR LONG TERM DISABILITY CLAIM BEEN DENIED?
HAVE YOU BEEN WRONGFULLY TERMINATED FROM YOUR JOB?
Free initial consultation - No fee until we settle
Call Stephen Ellis
B.A. (Hons.), LL.B, Barrister & Solicitor
Tel: (416) 512 2301 • Fax: (416) 512 2025
stephen@ellislaw.ca

Debt Relief
Are you struggling with debts?
Let us help you:
- consolidate debts and make low monthly payments
- settle debts without bankruptcy, no interest
- reduce the amount to pay back
- stop harassing calls, letters & garnishments

Nona Kumar
Estate Administrator
Credit Counsellor
Free Confidential Consultation
Direct Line:416-455-7709
RUMANEK & CO. LTD.
Administrators of Proposals, Trustee in Bankruptcy & Debt Consolidation Arrangements:
Head Office in North York, ON Offices in Scarborough & Mississauga . Tel: 416-665-DEBT

PFS Need a loan?
Bankrupt? Proposal? Bruised Credit?
Get the LOWEST rates
for bad credit personal loans in the GTA
- Car paid off - up to $20,000 (6 years or newer)
- Personal Loan up to $5,000 (1 year on job; $18/hr. min.req.)
- We help repair your credit!

Prudent Financial Services
416-634-2013
PrudentLoanApprovals.com

MoneyProvider.com
$500 Loan and more
No credit refused
Fast, easy and secure
www.moneyprovider.com
1-877-776-1660

EMR DEBT SOLUTIONS
Up to 80% debt reduction
We GUARANTEE to beat anyone's offer by 50% or we work for FREE*
Pay ZERO INTEREST
- Trustee's Represent Your Creditors
- EMR Represents YOU
- Home Service Available

Mississauga • North York • Midtown • Scarborough
416-424-1510
www.emrdebtsolutions.com
*Some conditions may apply at EMR Debt Solutions

NEED MONEY?
✓No credit checks
✓Fast approvals
Call 1 866 499-5629
And get cash now!!
www.mynextpay.com

NEED A RIDE?
Read metro drive every Wednesday.

metro CANADA'S FIRST NEWS APP IN NEWSSTAND
Now available for iPad, iPhone and iPod touch!

Apartment Finder

To advertise contact Ian March at 416-443-4388

FACING DUNDAS WEST SUBWAY STATION
BACHELOR FROM $809
1 BDRM FROM $959
2 BDRM $1,275
A/C / Indoor Pool / Indoor Mall Management On-site
24hrs security / Utilities Incl.
2340 Dundas St. West
416-532-3331

BATHURST & EGLINTON
2100 Bathurst St.
1 BDRM FROM $1145
1 MTH FREE ON SELECT SUITES
Fully renovated one bedroom apartments
Newly renovated hallways
Great location
Ask about our move in incentives
CALL 416•529•3867
www.oshanter.com

NEED COOL DESIGN TIPS?
Read metro home every Thursday.

metro

CLASSIFIEDS

To advertise, call: 1 800 527-6767

HELP WANTED

General Help

Seeking Honest Hardworking Telephone Sales Reps.
Business to Business (Commission Only)
Will Train. Near Subway 647-288-2604

Education

CCE offers Language Classes at $7/h
ESL, French, Spanish, computer lessons etc.
TOEFL, IELTS, ECA, Student Visa at low fees
www.ccet.ca or call 416-926-0540

FREE COURSES for UN-EMPLOYED
Gov't Training Funds for Diplomas may be avail. cccitm.com 416-646-4744
920 Yonge St. 7TH FL, Toronto (Yonge & Bloor)

Business Opportunities

SHELL GAS STATION in Woodstock
Lease-Operate. Guaranteed Income.
$72,000 + bonus. Need security deposit.
519-878-7459

AUTOMOTIVE

Cars & Trucks Wanted

WANTED - $200 - $2000 for scrap cars, vans and trucks dead or alive. Cash on the spot, free towing service. Call (416) 402-3815 or e-mail info@topdollars4cars.com 24/7

Auto Services

*** We Pay $100-$5000 ***
For YOUR scrap car!
Call 647-705-9416

SERVICES

Health Practitioners

Dental Hygienist Office
We give back every Tuesday @ 6 Dixon Rd. Call Sonia, RHD 416-901-7341 for more info

Psychics

Gold Medalist International Astrologer
Pandit: RAMDEV
Most Powerful Spiritualist from India
Problems... ? Worries End Here
Marriage * Business * Job * Education
Divorce * Court * Child Mistake * Jealousy
Personal Matters * Sexual Problems Etc
Master in Removing Black Magic, Jaadu, Obeau, Witchcraft & Gives 100% Life-Long Protection
Any Problems...Immediate Solutions
647-531-6223
7060 Airport Road, Hull Street, Hull Village Plaza, L4T 2G8 (Airport & Derry)

Indian Spritual Astrologer
Pandit: Gautham
If you have problems?... He has solutions...!!!!
Love • Marriage • Divorce • Court • Education • Business
Job • Finance • Wealth • Sexual • Children Mistake
Enemy • Jealousy • Personal Matter Etc
HE CAN HANDLE OVER POWERS IMPOSSIBLE PROBLEMS
He will Remove & Destroy
all Bad Luck and Negativity, Black Magic, Witchcraft, Voodoo, Obeya, Evil and he gives Protection.
Call for Appointment — Guaranteed Results
647-719-9089

World Reknown Astrologer
Pandit: Vinayaka Saahu
There are Solutions for any kind of Problems
Love * Family * Health
Money *Depression *Court Cases *Job
Business * Happiness * Husband-Wife
We do Poojas for Removing Black Magic, Evil Spirits and Immediate Protection
Free Health Protection to Children below 6 years
Ph:647-241-1246
3932 B Keele St., North York

PSYCHIC SPIRITUAL ADVISOR MONA
I restore luck and happiness and will call out your friends and enemies by name. I will tell you your past as it was, your present as it is, and your future as it will be. 40 years experience.
Superior to all others.
ONE FREE QUESTION!
416-222-8201
9am - 9pm •Yonge/Finch

International Spiritual Astrologer
Pandit: Siddharth
I will Remove Black Magic, Evil Spirit, Bad Luck,Evil Eyes, Jealousy & any Problem.
Solves Problems like Job, Enemy, Family, Love, Money and Relationship
647-709-9091
Airport & Derry

Psychics

PSYCHIC CLINIC AND LIFE COACHING
Palm and Tarot card reader.
Past present and future.
• Over 30 years experience
• Helps in All Aspects of Life.
• No problem will be left unsolved!
• 48 hour results Gauranteed
• 99% Accuracy
Don't Let negativity affect the quality of your Life!
www.PsychicClinic.com
(416)291-8422
Sheppard/Allen Rd. Downsview Station

PANDIT SHIVRAJ BABA
The Most Powerful Spiritualist from India
International Astrologer Specializes in
Financial Matters, Job Family Prob., Love, Education Marriage Prob., Health, Children Prob., Spousal Conflicts, Enemy Depression, Obeau, Butu Etc.
100% Removal of Black Magic & Evil Spirits
416-826-1338 / 647--857-7569
(Markham & Lawrence, Scarborough)

like us
metro

Psychics

Pandit: Shivananda Babaji
International Astrologer
The most powerful Astrologer from India
Depression * Job * Business, Property * Education * Family, Children * Enemy * Health Husband-Wife Relationship
All Religions Welcomed
I am Master in removing & destroying Black magic, Jadoo, Voodoo, Witchcraft Obeau & Bad Luck and Gives Protection
100% Guaranteed, Quick results
416-820-4952

SPIRITUAL ADVISOR FROM INDIA
Mr. VENKATESH
All Nationalities Welcomed
Love * Family * Health
Job *Money * Luck * Birth Stones * Depression * Enemy Sexual Prob. * Court Etc
100% Removal of Black Magic, Bad Luck Evil Spirits & Gives Holy Spirit Protection
If you have troubles , I have Solutions
647-286-3919

Mr. IBRAHIM
AFRICAN PSYCHIC MEDIUM
I can help you out of despair.
Reunite lovers forever
Happy Marriage.
Stop divorce, stress & depression.
Success in business.
Court cases.
Protection against evil.
Remove bad luck.
Hopeless cases.
OVER 27 YEARS EXPERIENCE
QUICK RESULTS
BY APPT. 416-783-3910

Legal

IMMIGRATION LAWYER
20 years experience
Geoffrey Sedlezky MBA LL.B.
647-938-2572

Financial

DO YOU HAVE LOCKED-IN PENSION MONEY?
You can have your money from a former pension if you are in financial problems.
(416)832-4468
Pension Benefits Claims

Spiritual

www.deeper life.ca
Join us in celebrating....
THE MIRACLE of CALVARY
Highlights:
• Conversion
• Holiness
• Revival, Renewal
• Instruction in the World
• Strength for today
• Transformation
Venue: Unit 46-47 750 Oakdale Road (*Behind Humber River Hosp, Hwy 400 & Finch W*) Toronto
416-540-4867
416-722-1950
416-995-8413
DEEPER LIFE EASTER RETREAT
Date: APRIL 6-9, 2012
Starting at 9am daily
W.F. Kumuyi
Ministering in Video
Come and experience the power of resurrection

HOUSEHOLD SERVICES

Movers

INSURED MOVING COMPANY
PICK - UPS AND DELIVERIES
Residential and Commercial
24hr (647)857-9111

Place your ad in Metro classifieds
metroclassifieds.ca
1 800 527-6767

Speedflirt

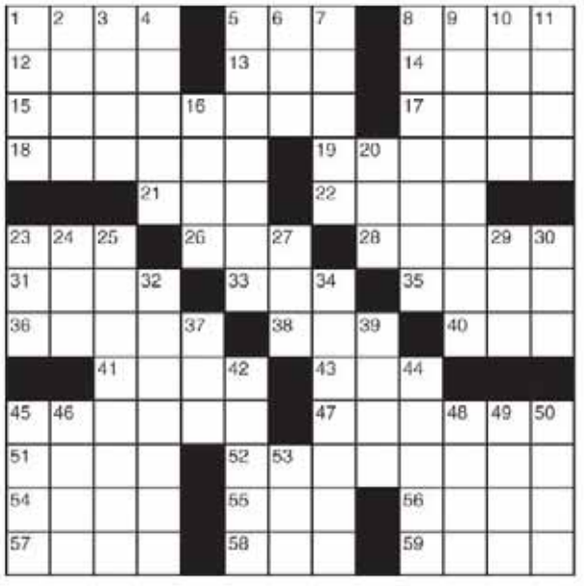
Introducing Speedflirt, a flirty new app for meeting singles in your city looking for love or friendship. Create a profile, browse profiles and find your match!

Download and install the free app for your mobile device - available on the App Store or also available in Android Market.

Available in Android Market
Available on the App Store
Speedflirt

CLASSIFIEDS CUSTOMER SERVICE: 1 800 527-6767 – MONDAY TO FRIDAY 8:30 AM TO 6:00 PM (ATL) Metro requests that advertisers check their advertisement upon publication and advise Metro immediately if there are any copy errors in the advertisement as published. Metro will not be responsible for any error other than an incorrect insertion due to any act or omission of Metro. In any event Metro will only be responsible for one incorrect insertion of any particular ad regardless of the number of times such ad is run incorrectly. Metro's liability for any such error is limited to the amount actually paid by the Customer for a single publication of the advertisement in the space the ad is run. In no event shall Metro be liable for any non-insertion of any advertisement for any reason whatsoever. All copy is subject to the approval of the management of Metro. Metro reserves the right to classify all advertisements.

Crossword



Across

1 Air pollution
5 Shade provider
8 Mid-month date
12 Staffer
13 Grass-skirt accessory
14 Castle protector
15 Likely loser
17 Taj Mahal city
18 Rent payer
19 Much
21 Listener
22 Small combo
23 Mrs. O'Leary's troublemaker
26 Thickness
28 Coach Rockne
31 Quid pro quo
33 "Undeniably"
35 Birthright barterer
36 Prelude
38 Spigot
40 Blunder
41 Cornfield commentaries
43 Be a couch potato
45 For some time
47 Eagles' nests
51 Auction offers
52 Li'l Abner's hometown
54 Lotion additive
55 Before
56 Antitoxins
57 Pleads
58 Scarlet
59 Cockily confident

Down

1 Author Bellow
2 Greedy one's call
3 Probability
4 Gaggle members
5 On in years
6 Zodiac sign
7 Power
8 John Lennon
song
9 Place of disfavor
10 "My Name Is —"
11 Remain
16 Harvest
20 Annoy
23 Marg Helgenberger series
24 "My — Private Idaho"
25 Guardian
27 Nevertheless
29 Pitch
30 A cont.
32 Lauds
34 Attacked brutally
37 Pussycat's partner
39 Incubator noise
42 Passover dinner
44 Lawn
45 Quatrain rhyme scheme
46 — E. Coyote
48 Particular
49 Beige
50 Rug type
53 Raw rock

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Friday's answer

A	P	T		Y	O	L	K		K	O	O	K
L	E	E		A	C	A	I		A	R	I	A
P	L	A	N	K	T	O	N		R	E	L	Y
S	T	R	I	K	E		G	E	M			
			N	E	T		P	L	A	N	C	K
S	P	E	N	D		J	I	M		E	R	E
H	A	Z	Y		C	O	N		C	R	E	E
O	U	R		P	A	Y		P	R	O	W	L
P	L	A	N	E	T		S	H	E			
			U	P	S		N	E	S	T	L	E
U	S	E	R		P	L	A	N	T	A	I	N
R	O	E	S		A	E	R	O		L	A	V
N	U	K	E		W	I	L	L		C	R	Y

Sudoku

9				7	4	1		3
3	7						8	
				3	6		4	
	3					5		
			2		9			
		5					6	
	6		1	4				
	1						7	8
2		9	7	8				5

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Friday's answer

9	4	5	8	6	1	2	3	7
3	2	8	7	5	9	1	6	4
7	1	6	3	2	4	8	9	5
1	6	9	4	7	2	5	8	3
4	3	2	5	9	8	6	7	1
5	8	7	1	3	6	9	4	2
8	5	1	9	4	3	7	2	6
6	9	3	2	1	7	4	5	8
2	7	4	6	8	5	3	1	9

Send a kiss

- **Sadiki.** I hope you get this message soon because i want everyone to know how much i love you and how i would be lost without you. You are my handsome prince. You understand me better than anyone and you challenge me each day to be a better person. We have been through so much together, but we have only become stronger. I know this year will be better. I love you more than anything with all my heart and soul. Your Cougarlizzy
- **Jonathan.** You've made falling in love with you easy, I look forward to continuing our story! Love, your Juliet xo
- You are stronger than you think. You have the power to make me weak. How do you do it? confused beshtiee!
- I did everything, expressed my feelings but in the end I feel like I didn't get anything accomplished. Through thick and thin I'm always there no matter how bad it is. I love you so much I know I told you a million times I really do. I'm just protecting you from all the stupidness that's around. I love you <3.. I'm Sorry.. sincerely, 625<3

Horoscope

Aries | March 21 - April 20. You don't have to make a big display of your emotions.

Taurus | April 21 - May 21. You must not allow other people, no matter how well meaning, to poke their noses into your affairs.

Gemini | May 22 - June 20. You may not have got as far with something as you would have liked over the past few weeks but the important thing is that you have made a start.

Cancer | June 21 - July 22. If you spend too much time weighing up the pros and cons of an offer today someone of a more instinctive nature could beat you to a prize that should have been yours.

Leo | July 23 - Aug. 22. A minor battle may hardly seem worth the effort today but it's good practice because soon you will have to fight for something a lot more important.

Virgo | Aug. 23 - Sept. 22. Don't dwell on the past today or you could miss out on a wonderful future.

Libra | Sept. 23 - Oct. 22. Your rivals and enemies are not as tough as they look.

Scorpio | Oct. 23 - Nov. 21. Don't let other people drag you down with their negative attitudes today.

Sagittarius | Nov. 22 - Dec. 21. According to the planets a friend or relative has something important to reveal, but they may be reluctant to bring up the subject. Be patient and encourage them to tell what they know.

Capricorn | Dec. 22 - Jan 20. You like a challenge but that is no reason to make life hard for yourself.

Aquarius | Jan. 21 - Feb 18. Don't concern yourself too much with what other people say or do today. Put on your smiley face and don't let anyone or anything get you down.

Pisces | Feb. 19 - March 20. A little bit of humour will go a long way today, especially if you have been too serious of late.

SALLY BROMPTON

Caption Contest

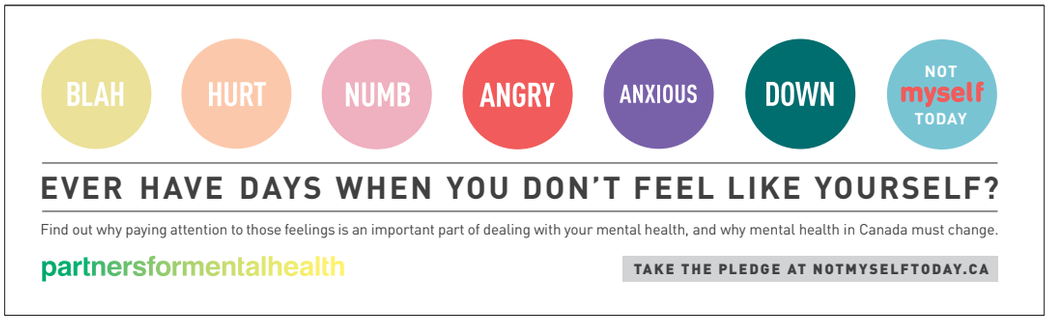
"Are you sure you don't want me to use a nail clipper?"
Erica

FRANK AUGSTEIN/THE ASSOCIATED PRESS

Win!

You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.


BLAH
HURT
NUMB
ANGRY
ANXIOUS
DOWN
NOT myself TODAY
EVER HAVE DAYS WHEN YOU DON'T FEEL LIKE YOURSELF?
Find out why paying attention to those feelings is an important part of dealing with your mental health, and why mental health in Canada must change.
partnersformentalhealth
TAKE THE PLEDGE AT NOTMYSELFTODAY.CA

EVER HAVE DAYS WHEN YOU DON'T FEEL LIKE YOURSELF?

Paying attention to those feelings is part of dealing with your mental health. The more you look after it, the healthier your life will be. Sadly, some people live with those feelings every day. Even worse, they must live with the stigma and lack of support that goes with it. Mental health in Canada must change. It will take all of us to make it happen. Show that it matters to you, your family and your country.

TAKE THE PLEDGE AT NOTMYSELFTODAY.CA

Lundbeck Scotiabank partnersformentalhealth